Chichester Herald

Friday 9th November 2012
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COMPETITION
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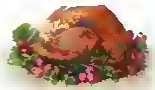

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20mph limits for Chichester

›› *Unanimous votes for 20 mph limits on residential roads*

Suzanna Reid
REPORTER
NEWS@CHICHESTERHERALD.CO.UK

CHICHESTER'S residential roads are set to have a 20mph speed limit imposed after a meeting voted a need for change in the current limits.

All six County Councillors at the South County Local Committee meeting voted in favour of funding better road safety through slower speeds. They listened to the over 4,000 replies (77%) in favour to the public consultation that West Sussex County Council (WSCC) sent out in the summer.

20mph limits are signed only and do not involve bumps. Some major roads are excluded. Developer Section 106 funds will be used.

The most moving point of discussions was undoubtedly a heart wrenching confession by a County Councillor of a crash in which a young girl had been injured over 30 years ago. People were absolutely silent listening to this emotional account. From then on it was clear that the vote had to be for 20 mph limits.

20's Plenty for Chichester's Founder, Sarah Sharp said: "We are overjoyed that Councillors have backed 20mph limits for Chichester's residents. Our streets will be safer for everyone, especially the vulnerable – children, elderly people and the disabled. The UK is the most car dependent country in Europe, and also has the most obesity.

"Increasing active transport – walking and cycling – helps our health. We need safe, pleasant streets for people where we live, shop and work. Some people are scared of the roads and pass this fear on to their children. A whole generation has grown up reliant on the car even for short journeys. To increase walking and cycling we need a general atmosphere of safety. We believe that slower speeds are a key solution."

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Pedestrians and cyclists should feel safer

MORE HEADLINES >>

YOUNG JOURNALIST LAUNCHES CROWDFUNDING CAMPAIGN TO EMPOWER AFRICAN GIRL Page 3

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Councils and voluntary sector re-sign Compact agreement

Cllr Lionel Barnard, Deputy Leader of West Sussex County Council and Hilary ... er, Chief ... utive ... oluntary ... on Arun and ... oester

AN AGREEMENT between councils and the voluntary sector to work more closely when delivering services in West Sussex has been refreshed.

West Sussex Compact is a pledge agreed by the County Council, district and borough councils, community groups and voluntary organisations to work together for the benefit of people in the county.

It guides how organisations should work with each other and sets out codes of good practice for volunteering, resolving community groups, equality, consultations, policy development, funding, commissioning, and asset transfer and joint bidding.

First launched in 2001, the West Sussex Compact was refreshed in 2005 and then revised in 2007 to reflect national changes and local progress.

The latest refreshed agreement was signed by representatives on Tuesday, November 6 at County Hall, Chichester.

Louise Goldsmith, Leader of West Sussex County Council, said: "With the current pressure on public spending and changes in how services are delivered to people, organisations have to embrace each other to get through these challenging times.

"It is heartening to know by signing the Compact, we all have the same commitment to work together to serve our communities."

Hilary Spencer, Chief Executive of Voluntary Action Arun & Chichester, said: "We are confident the refreshed West Sussex Compact, developed through extensive partnership work, will provide a robust and fair set of guidelines.

"It will underpin the positive working relationships between the voluntary, community and statutory sectors."

20's Plenty

Where People Live

Continued from page 1

The campaign continues with marketing and education on the benefits of driving at slower top speeds including less fuel use, cleaner air and better health. Journey times are unaffected. The National 20's Plenty for Us organisation believes that 20 mph limits are more appropriate in both urban and rural communities where people walk and cycle. It is hoped that WSCC will now actively assist communities in Worthing, East Preston, Fishbourne, Tangmere, Westbourne, Rogate, Birdham and Midhurst where there are active 20 mph limit campaigns.

You can campaign for 20mph limits where you live by contacting Anna Semlyen, 20's Plenty National Campaign Manager at anna.s@20splentyforus.org.uk or 07572 120439. For free support see www.20splentyforus.org.uk or follow @20splentyforus.

Young journalist launches crowdfunding campaign to empower African girl

A YOUNG journalist from Emsworth has launched a crowdfunding campaign to help a girl in Swaziland become a doctor.

Twenty-five-year-old Georgina Kate Adams launched 'The Seed, Africa' last week, attracting £1,110 in pledges within the first 24 hours.

With evidence that educating girls is one of the most powerful ways to end cycles of poverty in the developing world, TheSeedAfrica.com is fundraising to send Georgina-Kate's sponsor-girl to boarding school.

Fifteen-year-old Lelo won a place at one of her country's top schools – against the odds – and hopes a scholarship will offer her a stepping stone towards one day studying medicine in South Africa.

This is vital if she is to fulfil her dream of helping to transform her troubled community, as there are no medical schools in her own country.

Georgina Kate met Lelo in 2005, while volunteering in Swaziland on her gap year. She has since been sponsoring her education and basic needs and began work on The Seed in June. The campaign gained momentum during Day of the Girl last month, winning a prime-time interview slot on BBC radio and the support of Georgina Kate's local mayor.

Although £1,550 has been raised so far, under the all-or-nothing model of the website, unless the campaign reaches its £6,700 target, all money will be returned to

Georgina Kate and L...

The Seed supporters

Georgina Kate is offering rewards as an incentive for people to pledge and has worked with a range of up-and-coming creatives to design both physical rewards, which may be given as Christmas presents, and opportunities for small businesses to give back and gain promotion.

Georgina Kate said: "We've seen in the T-Mobile adverts how empowering it can be to join a flashmob. Rather than seeing 200 jazz hands shimmying in motion, I want to invite people to join our philanthropic flashmob.

"Your £5 (or however much you can spare) will not only send a girl to school, it will change the fate of an entire community, and every future generation will benefit.

"Your good deed today could plant a seed to change the world."

For more information or to make a pledge, visit www.theseedafrica.com

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SHOWROOMS PRESENTLY CLOSED TO COMPLETE SALE PREPARATIONS

I found a cheque for fifty pounds

Tommy Boyd

I'M A CELEBRITY

Nadine Dorries MP is not a typical Tory Daughter of a bus driver brought up on a Liverpool council estate trained to be a nurse built a business providing day care for working families ran a community school in Zambia for a year sold her business to BUPA and entered Parliament She is simply not a typical person Her dad died when he was 42 he would be proud of his kid

LOST AND FOUND

I hope the gentlemen in question won t mind his identity is safe I found a cheque for fifty pounds lying on a public footpath walking my dog I wasn't going near the bank in question until the weekend so when I got home I did a quick Google and tracked the owner down in about 2 minutes made a call they were very grateful asked us to destroy it What did we do before the internet?

20's PLENTY

It is plenty and I m looking forward to all the silver beardies having to crawl around on their Harley's

US ELECTION

I followed it on Fox News for fun So biased against Obama It was hilarious Curious that we have biased newspapers and neutral broadcasters while over there it's the opposite

CHICHESTER POLICE COMMISSIONER

First thud of campaign literature through the letterbox From the Conservative candidate Predictable stuff about reducing crime, supporting victims They needed an angle so they ve gone for making people who do community service wear fluorescent jackets with "Community Payback" in big letters

STREET TALK

See many Tories just aren't in touch I m guessing they think "Payback" means paying something back to society Actually "Payback" is a cherished street phrase to do with raw vengeance Or maybe they know that and aw no surely

CASHBACK

It's a silly phrase it s not coming back Is it it's just well your cash. And another thing all those free cash machines how do they make any profit?

FALKLANDS

Some Brits got a bit heated that Obama is a Maldives man Well in the heat of an election he needed the Latino vote any which way. If it comes to another needless and tragic standoff down there rest assured the US will do what they always do ll they can nothing

CLIVE DUNN

What an obviously nice man It always struck me that he played the next-to-dad/his-door oldest dodder in Dad's Army Infirm and confused Yet with the exception of Ian Lavender he outlived them all in real life

Let us know what you think

@chiherald

CONTACT TOMMY AT: TOMMY.BOYD@CHICHESTERHERALD.CO.UK FOLLOW TOMMY ON TWITTER @THETOMMYBOYD

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Tweets of the Week!

All tweets are from Chichester people or about the area
(Some tweets may contain errors)

@OcteviaMusumeci

"power cut on the train line so stuck between chichester and barnham (#panic"

@ABD_Sussex

"Chichester 20 limits When casualties don't fall will we get apology or will traditional' methods of just fiddling the figures be used?"

@nellysimpson95

"Driving a manual in Chichester rush hour is enough to make your foot fall off"

@Lomskiann

"On a train with loads of obnoxious students from Chichester & Havant. Train delayed & fellow passengar eating cheese & onion crisps #Grrr"

@NWGreenhalgh

"So glad I don t have hay fever, there s more loose grass in Chichester today than a Rastafarians bedroom"

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Chichester
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Chichester Herald [illegible] available for self selected pick up every Friday across Chichester and the surrounding area in a wide variety of locations with a weekly readership of up to **75 000.**

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Pick-up point areas and businesses delivered to include:
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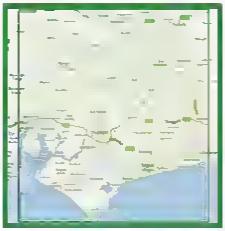

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29th November	**19:00**	Mr Lee Taylor, Consultant Orthopaedic Surgeon What do you need to know about hip replacements?

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Woman sexually assaulted in Bognor

A WOMAN was sexually assaulted as she walked home in Bognor and police are anxious to hear from anyone who may have witnessed what happened.

The 24 year-old victim, who lives locally, was walking through Hotham Park at about 12.20pm on Monday (29 October) when she was approached by a man who grabbed her and made suggestive comments.

The victim managed to break free from him and run away, before reporting the incident to police.

A spokesperson said: "Although the victim was not physically injured she was nonetheless left very scared and upset by what happened.

"The man who attacked her is described as white, 6' tall, of large build, with dark hair and a tanned complexion. He wore a short black jacket, blue jeans and a blue jumper.

"Anyone with information about this incident is asked to contact police on 101, quoting serial 0703 of 29 October."

Woman hurt in unprovoked attack in Felpham

DETECTIVES are appealing for witnesses and information following an unprovoked attack on a 58-year-old woman in Felpham at the beginning of last week.

The victim was in Shirley Drive, close to the junction of Whitelands, at about 6.30pm on Monday (29 October) when she was approached by two men who asked if she had a bag.

When she said no she was pushed to the ground and suffered bruising and grazing to her cheek bone, hand and knees. The offenders then ran off.

A police spokesperson said: "The two men are described as being white, of medium build, approximately 5'10" tall and dark haired. The male that spoke is described as having a southern accent.

"This was a totally unprovoked attack on a woman as she went about her business and we're keen to find the men responsible for injuring her as soon as possible.

"Anyone with information is asked to contact Sussex Police on 101, quoting serial 1401 of 29 October. Alternatively, call the independent charity Crimestoppers anonymously on 0800 555 111."

Website features stolen property from West Sussex

POLICE are encouraging victims of burglary in the Chichester, Bognor and Arundel areas to visit a website which features recovered stolen property.

Numerous items were found by police during a search of an address in Bognor in September. Although much of it has been returned to the rightful owners, police have not been able to trace everyone.

A police spokesperson said: "We are hoping that victims will visit the website www.propertysussex.police.uk/patrol to see if they can identify any of the outstanding property.

Anyone who thinks they recognise any of the items is asked to make contact via the website or call DC Neil James at Chichester CID on 101, quoting Operation Patrol."

Mariusz Minko, aged 28, of Victoria Drive, Bognor, has been charged with burglary and handling stolen property and has been remanded to appear in court on 13 November. Three other men from Bognor have been arrested on suspicion of burglary and handling stolen property and have been released on police bail pending further enquiries.

Reported theft by bogus caller in Chichester

AN ELDERLY Chichester resident has reported the theft of cash and cheques by a bogus caller.

Sometime between 11.15am and 12.30pm on Tuesday last week (Oct 30) a man claiming to be a telephone engineer called at the house occupied by an elderly woman in Canal Place, off Terminus Road, near Chichester railway station. He claimed to have come to check the phone.

After he left it was discovered that £65 cash and two cheques had gone missing from the house. The cheques have now been cancelled.

Detective Constable David Midgley of West Sussex CID said: "The man is described as being in his 40s, white, smartly dressed and was carrying a briefcase-sized bag. If you were in that area of Chichester during the day on Tuesday and saw anything that might help, please call us via 101 quoting serial 414 of 31/10."

He added: "If you get a cold caller at your address, always use the door chain and check any ID badge. If unsure, ring the company's number using your phone book, a genuine caller will be happy to wait."

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Tell us what you think about 'paying on foot' in Chichester car park

A CONSULTATION has been launched to find out if car park users would like a 'pay on foot' system at the Avenue de Chartres multi-storey car park in Chichester.

Chichester District Council is considering introducing the system as part of its Parking Strategy. It would like to know whether users of the car park would prefer this type of system, as well as what they think about the car park.

"Currently, users of the car park pay and display, meaning they have to work out how long they will be before even entering the city. The 'pay on foot' system would allow people to pay for their parking at the end of their visit," says Kenrick Gorraway, Assistant Director for the Economy at Chichester District Council.

"The 'pay on foot' system could benefit shoppers as they could stay as long as they like without fear of overstaying their pre-selected parking time. It could encourage more people to stay longer in our city and enjoy the many wonderful shops and attractions that we have on offer."

If the new system is introduced, barriers would need to be installed at the entrance and exit to the car park, and new pay machines at various locations around the car park.

The survey will run until Sunday 9 December 2012. It can be found online at www.chichester.gov.uk/consultations.

For more information, or to get a paper copy of the survey, please contact the Corporate Information Team on 01243 534623 or email corporateinfo@chichester.gov.uk.

Selsey Library to go self-service after 12 days of Christmas

PLANS to install new self-service machines in Selsey Library will see it temporarily shut for 12 days during the Christmas period.

It is the latest branch in West Sussex to get the terminals – which help people borrow and return books themselves.

Readers will still be able to borrow as many as 20 items before it closes at 2pm on Saturday December 15.

A number of nearby branches will be open in Chichester, Bognor Regis and East Wittering while the updates are carried out.

Selsey will then reopen at 10am on Thursday December 27.

Lionel Bernard, County Council Deputy Leader responsible for the Library Service, said: "We have already had a number of readers praise the new machines which are easy to use and also help cut down on queuing.

"The temporary closure lasts no longer than 12 days to keep disruption to a minimum during the busy Christmas holiday.

"Our staff will be on hand before the library closes for anyone in need of help."

To find out about the new self-service machines contact the West Sussex Library Service on 01243 642 111.

Winners announced at Gallery

PALLANT HOUSE GALLERY in Chichester is delighted to announce the winners of Outside In 2012.

Museums by Michelle Roberts, The noise that I've been saving to make a feather bed by Kate Bradbury, Fukushima Conjuration by Matthew Sergison Main, Woman by Nigel Kingsbury, Cosmic Hat by Phil Baird and Mermaid by Manuel Lanca Bonifacio were named as the winning entries to the competition for artists from the margins at a prize-giving ceremony at the Gallery on Thursday 25 October.

The six prize-winning works were chosen by Art Historian Roger Cardinal, performance artist Bobby Baker and Director of Pallant House Gallery, Stefan van Raay, from the 80 works selected for the Outside In National exhibition which is on show in the main spaces of the Gallery from Saturday 27 Oct 2012 to 3 Feb 2013.

Each award-winner will be offered the opportunity to have a solo exhibition at Pallant House Gallery in 2013 and 2014.

All of the judges were impressed by the quality and range of the works on show and agreed on the difficulty of making a selection.

The triennial competition marks the centre point of the pioneering Outside In project which was set up in 2006 by Pallant House Gallery to provide opportunities for artists who see themselves on facing a barrier to the art world. The goal of the project is to create a fairer art world which rejects traditional value and institutional judgements about whose work can and should be displayed.

Outside In National (27 Oct 2012-3 Feb 2013) will be shown as part of a season of exhibitions over the next few months at Pallant House Gallery celebrating art from the margins including the first solo show in a UK public Gallery for nearly 50 years of the father of Art Brut, Jean Dubuffet (20 Oct 2012 – 3 Feb 2013) and a show of the self taught artist Pat Deutlwaite (23 Oct 2012 – 3 Feb 2013).

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The workshops are part of a safe and healthy programme that involves a 12-week plan to help you lose weight. The workshops involve taking a detailed look at your health, lifestyle and eating habits and will help you to make small and simple changes

New 12-week rolling programmes are starting on

• Tuesday 13 November from 1pm–2.30pm at the Children and Family Centre in Midhurst

• Monday 19 November from 1pm–2.30pm at Westgate Leisure Bourne in Southbourne,

• Monday 3 December from 7.30pm–9pm at Westgate Leisure Chichester in Chichester

One of the programmes started last Monday (5 Nov) but it's still not too late to join from 10am–11.30am at the Children and Family Centre

Plus, pay for 10 weeks at the start of the course and get two weeks free. The courses cost £3.60 per week or £1 per week for those on benefits

For more information or to book your place contact Chichester District Council's Chichester Wellbeing Team on 01243 521041 or email wellbeing@chichesterwellbeing.org.uk

Olympic themed ball raises £28,748 for RENEW and Papworth Hospital

GO FOR GOLD, an Olympic-inspired ball, has raised £28,478 to be shared equally by Chichester Festival Theatre's RENEW redevelopment programme and Papworth Hospital's research into Pulmonary Fibrosis.

The ball, held in Boxgrove this summer and attended by over 200 guests, was organised by Mia and Christopher Tod and their committee. The evening of fundraising included an auction with prizes, such as speeding the day with the Red Arrows.

The redevelopment of the Festival Theatre will incorporate essential repairs to the Grade II* listed building, a new extension, increased seating capacity, improved access and public facilities, improved backstage facilities and changes to make the building more energy efficient.

The RENEW fundraising campaign, ongoing for the last two years, continues in earnest to raise the essential remaining £1.8 million.

Sarah Mansell, RENEW Campaigns Director, said: "To raise this sum of money on behalf of the Festival Theatre is a wonderful achievement. We are immensely grateful to Mia, Christopher and their amazing team, and everyone who supported this event. This donation is a valuable contribution to our fundraising campaign, which has just entered an exciting new phase with the start of onsite demolition work."

Dr Helen Parfrey, Consultant Respiratory Physician at Papworth Hospital said: "We are extremely grateful to Mia and everyone who supported her in raising this magnificent sum and I can't thank them enough for all their hard work and efforts on our behalf. The money will be used to support a research project to identify genetic involved with Pulmonary Fibrosis."

(L-R) Sarah Mansell, Simon Parkinson, Mia Tod, Louise Drayson (Photo: Freya Scott)

Mia Tod's brother, Nigel Viney, is currently being treated for Pulmonary Fibrosis at Papworth Hospital. Around 5,000 new cases are diagnosed each year.

Mia Tod said: "It was after my brother, Nigel, was diagnosed with Pulmonary Fibrosis that we knew of the disease. My husband Christopher and I decided to raise money to help support research being carried out at the hospital – with the ultimate hope of finding a prevention or cure.

"We were thrilled with the support we received, extremely grateful to everyone who made it possible and delighted to have the opportunity to present a substantial cheque to both Chichester Festival Theatre and Papworth, each a centre of excellence in their own fields."

Go Wild With Ed

Welcome to Chichester Harbour Area of Outstanding Natural Beauty. The harbour is a great place to get close to nature. Each month Ed Rowsell, Conservation Officer for Chichester Harbour Conservancy, gives a brief update on what you should be looking for as you explore the harbour by land or boat.

Ed Rowsell

Birds

It appears as if Dark-bellied Brent Geese have had a very poor breeding year. The flocks that have already arrived in Chichester Harbour have very few young with them. Baby' brents can be identified by white stripes on the wing feathers, these are absent in adult birds. Counting the percentage of juvenile birds enables us to build a picture of what is happening in the remote and inaccessible breeding grounds on the Taimyr Peninsula in arctic Russia.

The Spotted Redshank that has become a regular attraction at Nore Barn has returned for another year, as has the Nutbourne Greenshank (which is colour ringed green/yellow and green/yellow) for the 10th year running.

Mammals

Mammals such as Water Voles and Wood Mice will be busy storing food in caches for the long winter ahead.

A record 23 Harbour Seals were counted recently, the approaching cold weather will not phase these hardy animals.

Insects

A few hardy insects are still on the wing in sunny periods. Look for Red Admirals and Common Darter Dragonflies. Further frosts soon diminish most insect activity.

Plants

Ivy is about the only plant still or about to flower. The un-opened heads looking more like a molecular model than a flower. Some flowering ivy near the Harbour Office is teeming with bees and other insects exploiting this late nectar source. The berries that will develop are a vital late winter food source for thrushes including Song Thrush and Blackbird.

Sightings

Please report any interesting sightings to the Harbour Office, particularly of colour ringed birds and Brent Geese feeding in fields. www.conservancy.co.uk 01243 512301.

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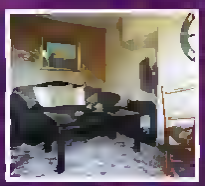

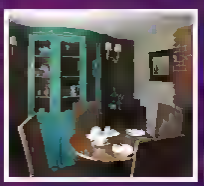

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Weight on our shoulders

Gracie Cliffe

RECENTLY I've been having some issues with my weight. I'm not really sure what brought it on – but I'm just not as happy with myself as I used to be. I don't want people to think this column is some kind of desperate cry for attention, because one of my pet peeves is people using a serious issue as a joke, it's just that at the moment, there seems to be a big focus on weight.

It feels like everywhere I look at school, someone is either struggling with their weight or claiming to have an eating disorder. This in itself is horrible – but what I think is awful is how people have taken a major issue and almost made it into a trend. At first one person misses a few meals in school and comes back drastically thinner, and then by the next week someone else is suddenly not eating. And this is how people get sucked into it. I am most certainly not going to extremes like that, but when weight becomes a hot topic, it's hard for me to not question my own.

I think one of the factors that contributes to the pressure teenage girls feel, myself included, is that we only see very slim models advertising clothes, whether that be for brands or just high street stores. This can lead us to feel like we have to be that small to be able to wear our favourite clothes.

Nearly everybody has moments in their life when they feel a little self conscious and something like weight and dress size is a delicate subject. It is something that no one else can influence – if you aren't happy with yourself, then it won't matter what anybody else says. Someone saying 'you don't need to lose weight' doesn't change how I feel about myself.

But one of the most annoying things is when someone says 'Look at me, I'm the one who needs to lose weight' because losing weight shouldn't be a competition. Even if a person is slightly bigger that doesn't mean they have more of a right to feel insecure. At the end of the day, it would be better if no one felt insecure, but I guess that would only be in a perfect world.

For me, I would like to be a little bit slimmer but as hard as I try, I can't always say no to the sweeter things in life. It's like I have an annoying nag in my head when I go for my Nan's biscuit tin saying 'You'll regret this later'. I know what I should be saying is that I'm young and should be out having fun and not obsessing over something as superficial as the size of the clothing I wear, but I'm a teenage girl, let's be realistic.

School to mark 60th birthday with link to the past

LAVANT House School will be enjoying its formal birthday celebrations this Monday 12th November almost 60 years to the day when the school first met to mark its opening.

The pupils, staff, governors and invited guests including members of the Green family whose parents founded the school, will join together for a celebratory service followed by the tree planting and the cutting of a special anniversary cake.

Headmistress Kate Bartholomew said: "Sixty years ago the then headmistress, Dora Green gathered the school family in the garden on 11th November 1952, to witness the planting of several trees by her friend and local dignitary, Lady Woodhouse. This Monday, I will do the same and we will be thrilled to welcome Mrs Hilary Keasedy-Clarke, the daughter of Lady Woodhouse, to plant our 21st century anniversary cherry tree kindly donated by one of our parents, Mrs Wildsmith.

"Mrs Keasedy-Clarke will even use the same silver trowel that her mother used all those years ago which we still have at Lavant. It is rather impressive and hears the inscription... Used by Lady Woodhouse for the planting of the cherry, the weeping willow and the walnut tree."

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All systems go for Co-wheels Car Club Chichester

Co wheels Car Club Chichester, the first of its kind in the city, is being launched on Saturday (17 November).

Value tests from businesses and the local community have helped to get the scheme up and running.

The club aims to provide the community with a new way to access a private vehicle with a view to saving money and reducing car ownership in the city centre.

The two cars have been given dedicated parking spaces, one in East Street and one in West Street, where members of the club can collect them. Technology fitted in the car will recognise the card provided to the club member, and they will then have access to the vehicle.

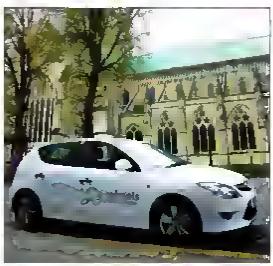
The club is being provided by Co-wheels, a national provider and members will be able to use any of the 180 cars based in the UK.

It costs £25 to join the club and there is a minimum monthly fee of £5 (deducted from the booking charges). Members then pay £4.50 to hire a car for one hour and 21p per mile that they travel. The membership fee and the costs per mile thereafter cover all the costs associated with the car. This includes insurance, road tax, the upkeep of the car – and even petrol.

If you do less than 100 miles per week then using a car club vehicle should save you money.

Co wheels Car Club Chichester steering group chairman Doire Casey, says: "The volunteer group is really excited about delivering car club cars to the streets of Chichester.

"We have worked hard on the detail of this project to make sure that the club is as attractive as possible to the residents and workers of Chichester. To that end we have secured convenient and safe town centre parking locations and the offer of high quality vehicles with a sophisticated booking system."



The car club is a collaboration between the community, Chichester District Council and West Sussex County Council using DEFRA (Department for the Environment, Food and Rural Affairs) Air Quality Grant money, together with match-funding from the county council.

For more information please go to www.co-wheels.org.uk/chichester

Or contact Doire Casey, Co-wheels Car Club Chichester steering group chairman, by email at doirecasey@hotmail.com or follow them on Twitter @chichestercco or on Facebook http://www.facebook.com/pages/Chichester-Community-Car-Club/285197074829133

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Opening Hours & Prices

Monday - Thursday

Lunch - 12:00 noon - 2:30 pm
Adult £7.20
Child under 150cm £3.60

Dinner - 5:30 noon - 10:30 pm
Adult £13.00
Child under 150cm £6.50

Friday - Saturday

Lunch - 12:00 noon - 4.30pm
Adult £7.20
Child under 150cm £3.60

Dinner - 5:30 noon - 11:00 pm
Adult £14.00
Child under 150cm £7.00

Sunday & Bank Holiday Monday

All Day - 12:00 noon - 10:30 pm
Adult £12.50
Child under 150cm £6.50

To qualify for childrens tariff the child's height must be under 150cm. We judge from the children s height and NOT THE AGE

Last Entrance 30 Minutes Prior to Closing Time

Takeaway Box Available

Monday - Saturday Lunch Lunch Box: £4.50

Monday - Saturday Dinner Dinner Box: £6.50

All Day on Sunday&Bank Holiday

Graylingwell Park Community Garden Open Day

EVEN THOUGH the marquee blew away the Community Garden Open Day at Graylingwell Park was a huge success

Due to the high winds and torrential rain, the marquee erected for the open day at the garden blew away and had to be rescued by the gardeners from a nearby field but at 2pm the sun had come out, the wind had died down and gardeners donned their wellies to open their community garden to the public.

Visitors came from far and wide to see the garden set up by Chichester Community Development Trust, including the Mayor, and Councillor Pam Dignum. Children were treated to a Ladybird hunt, set up by Sarah Hughes the Wildlife Officer, after which they made bird feeders to take home for their own gardens

The gardeners had made several types of soup from the produce they had grown for visitors to try along with a welcome glass of mulled wine

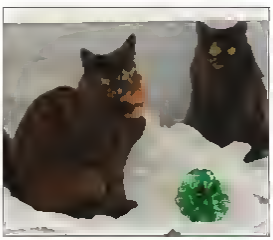
Tim Lawrence-Owen commented "It's great to show our garden to the public, and we have great plans ready for the next growing season."

Affinity Sutton supported the event by supplying spring flowering bulbs for the children to plant, as part of the Cultiv8 project.

The Apple Man came along to press apples collected from the ancient orchard trees First they were mushed up then pressed to make fresh tasting Graylingwell apple juice

[illegible] apples

Special calm, caring homes needed



GREAT NEWS: ROXETTE, LENNON, DARLENE, ALLEY AND 2 KITTENS, BETTY BOO, PEARL, AND WOODY HAVE HOMES.

HOMING during the last few weeks has been good for cats rabbits and guinea pigs It is especially pleasing that most of the cats in rescue for more than a year now have homes We are hoping the last few will be lucky soon!

Two of these cats are timid KF 253 & 254-12 (or Marigold and Pansy as we refer to them) They are smaller 1 year old semi-long haired gentle bundle forty sisters with amazing amber eyes and came into rescue 14 months ago after their mother died on the road We want to home them together as one is more timid They have soft coats, do need grooming, and eat mostly dry food and some wet each day Although friendly and used to grooming and stroking, they do need a quieter calm home where they can be given special attention to help them settle, relax, explore and enjoy life If you can help these cats do please phone the rescue as soon as possible

Cats waiting for a home:

- Lyra, a neutered one year old, is with her young kitten Both black and white and very friendly
- KM30 and KF31 12 are small, friendly kittens A ginger and white male and a fluffy black female with white bib They came into rescue in April. Can be rehomed together or separately
- Nicole (2) and Nicole (1 year) are friendly tabby females who love to be stroked, and came into rescue together in July

The Rescue asks for a minimum donation of £45 for each cat or kitten which includes vaccination, microchipping, and neutering Free vet insurance for 4 weeks is provided A younger un-neutered kitten is £70 and a voucher for neutering at The Rescue is supplied. The usual Cat and Rabbit Rescue Adoption Terms and Conditions apply

Visits are strictly by appointment, Tel 01243 641409. Cat and Rabbit Rescue Centre, Holborow Lodge, Chelder Lane, Sidlesham, Chichester, PO20 7RJ www.crrc.co.uk

Top Left: Caring home needed for Marigold and Pansy. Above: Lyra and her kitten are too [illegible] urgently

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Chichester Business

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The Rare Brand Christmas Market at Goodwood Racecourse

Wednesday 14th – Thursday 15th November
WE ALL want to surprise and delight our loved ones at Christmas, so join us and over 100 innovative Rare Brands all offering truly original and fabulous present ideas for Christmas. Make a day of it with friends, enjoy delicious refreshments and get your Christmas list ticked off all under one roof!

At The Rare Brand Market we set out to bridge the middle market gap between craft and trade fair, we unearth goodies from unexpected sources and each market location inspires us.

So celebrate the start of Christmas by indulging in stylish shopping, enjoy discovering rare finds and deliciously different present ideas from some of the most talented independent brands around. Whether you are shopping for ladies, men, children, the home, the garden or the family pet, we have gifts for everyone.

Event details:
Goodwood Racecourse, Charlton Stand
14th – 15th November
9am – 3pm
Entry is £4, with £1 going straight to Charity.

Here is just a taster of some of the Rare Brands that will be attending.

Carved Angel, Foolish England, Bloomingville, Roots Living, The Lighting Bug, Illuminated Canvas, Macaroon Jewellery, Sudz Fun ... and many more.

University shows its support for artists

THE UNIVERSITY OF CHICHESTER'S Vice-Chancellor was on-hand to present an award at the National Open Art Competition, for which the University is one of the sponsors.

The National Open Art Competition is based in Chichester, administered by the Chichester Arts Trust and run by its organiser Neil Lawson-Baker since its inception in 1996.

Each year thousands of entries are sifted through by a judging panel of leading artists and art critics to arrive at the final exhibitors and prize-winners. The panel for 2012 featured Lisa Wright-KWA, Frances Hodgson, Andrew Stahl, Gus Cruely-Hoyford, Cedar Lewisohn. This year, the exhibition ran at Chichester's Minerva Theatre before moving to the Prince's Foundation in Hoxton, London last Thursday.

The Hoxton show was opened by Turner Award winning artist Grayson Perry, who wore a splendid black silk dress and boots. In his speech, he teased the hundreds of art lovers who attended the opening, telling them: "The real joy of art lies in the making – sorry to disappoint you but no matter how much art you look at, it won't make you a more moral person. The point of art is the making of art."

Professor Clive Belfield, Vice Chancellor of the University, was there to present the University of Chichester Award. This year's winner was Josh Holmyard for his painting 'Orthodox'. Josh's work frequently centres on social tension and 'Orthodox' explores the darker side of organised religion, in this case the Russian Orthodox Church.

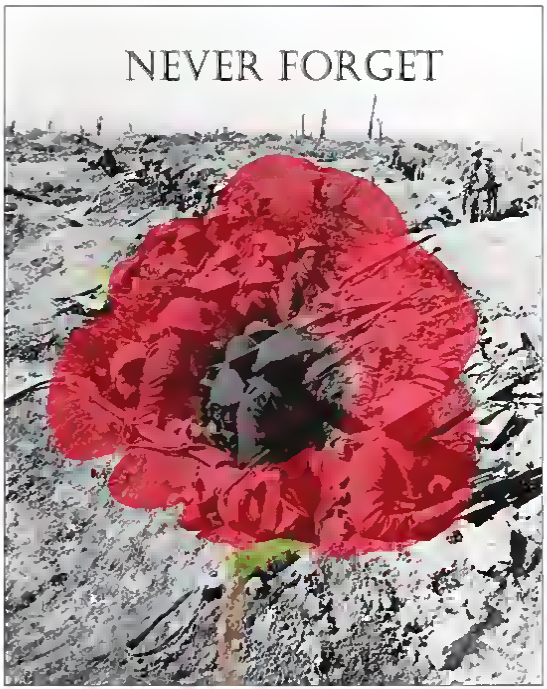
Josh is a young artist based in Swanage in Dorset, where his studio is his bedroom. He said: "I never went to College myself, so I was really surprised and delighted to receive an award from a University."

Clive added: "The judges have done well to select Josh's work as the winner of the University of Chichester award. It is a great pleasure to be able to encourage such a talented and promising young artist in making this award. I wish him well for the future."

Among the exhibitors was Chris Aggs, who lectures in Fine Art at the University. Chris won the Southern Division prize in the competition two years ago. His painting, 'Buddleia and Silo Shoreham Cement Works', is one of a number of works he has produced in a style that is sometimes described as 'photo realism'. A triptych by Chris, depicting Shoreham Cement Works in this style, is on show in the University's Otter Gallery as part of the current public exhibition.

The 2012 award-winners' work will be on show at Pallant House in Chichester between the 8th and 18th November.

For more information about the Competition, go to: www.thenationalopenartcompetition.com/index.php



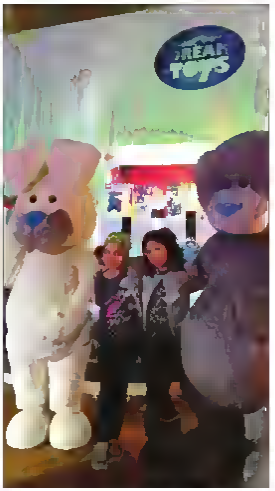
Tatty Teddy on the most wanted list this Christmas

WITH JUST UNDER fifty days to go until Christmas, the Chichester based Carte Blanche Group are celebrating again, as not one but two toys within their Tatty Teddy & My Blue Nose Friends toy range achieve a finalist place in this year's Dream Toys event.

Now in its 46th Year, Dream Toys is a media only event organised by the Toy Retailers Association. The event recognises the toys in the market that are predicted to be favourites for Christmas.

"We're absolutely over the moon to have been recognised with a place within the Dream Toys top 76, particularly as we only launched into the toy arena just three months ago," says Jon Matthews, Carte Blanche Gift & Toy Category Director. "The Dream Toys event is something that you have to be invited to attend and, as the new kid on the block in the toy world, it is a huge honour to be part of such a prestigious event."

Toys from both Carte Blanche's proprietary and licensed ranges were amongst the top 76 chosen at this year's awards as the best new toys on the market. Story Time Tatty Teddy was listed in the top eight interactive toys, whilst Peanut's Lamp House, created by Carte Blanche's Master Toy Licensee, Worlds Apart, was selected as one of the top eight girls toys this Christmas.



With some exciting new plans for their toy range in 2013, the Tatty Teddy & My Blue Nose Friends toy range is certainly one to watch and will no doubtedly be under a few Christmas Trees for many years to come.

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Chichester Business

Local builders merchants going tache-tastic this Movember!

STAFF from Covers Timber & Builders Merchants have kicked off Movember in style at their launch event this week. Over 50 men from Chichester and the surrounding areas came down to sign up. All the men will be donating their top lips to help raise awareness and funds for men's health issues.

Having originally started in Australia, the annual Movember charity campaign is now supported by over 1.1 million people worldwide, all pledging to forsake shaving for the month. The money raised by the UK participants all goes towards funding programmes directed by Movember and their partners Prostate Cancer UK and the Institute of Cancer Research.

These who signed up were also given a welcome goody bag which included tache-tastic freebies and a fundraising kit.

Those who were not able to attend the launch can still join the Covers Movember team – Covers Mo Bros – at www.covers.biz. By signing up, not only will the tache lovers be joining a team of like-minded folk, but their family, friends and colleagues will also be able to sponsor them directly and leave them words of encouragement.

Henry Green, Commercial Director at Covers, said: "It was fantastic to see all of the local men coming together for this cause. I hope we raise a substantial amount whilst at the same time increasing awareness. I am looking forward to seeing the end results on 30th November."

Every raincloud has a silver lining

CHI BEDS at Botham was knee-deep in water during the summer flood that closed the A27 and saw homes and businesses coping with the sudden influx of water. The largest bedroom showroom in the area saw their ground floor devastated after the unseasonal rainwater washed they have been striving to get the showroom back to its previous state in the months since.

Geoff Bone, Managing Director, said: "We run a family business, we've been trading in Bosham for eighteen years and the flood had a terrible impact. The showroom was waterlogged, it took weeks to dry out and we needed new electrics. It wasn't even as if the showroom needed a refit – we'd invested in our expansion and had a comprehensive revamp a few years ago but we've turned it into an opportunity to bring in new ranges. We now have new flooring and we've restocked the ground floor showroom with a fantastic new collection of beds and bedroom furniture."

Chi Beds is now fully open at Main Road next to the A259 Bosham roundabout.

Give It The Green Light

OVER 100 employers in West Sussex joined WorkAid, an Aldingbourne Trust project, and West Sussex County Council together at Field Place in Worthing to launch a new DVD promoting the benefits of Supported Employment in West Sussex. The DVD Give It The Green Light is aimed at inspiring employers to access free support to employ an untapped workforce of individuals with learning disabilities.

Kieran Stigant, Chief Executive of WSCC introduced the 15 minute film by explaining the work the County Council is undertaking with WorkAid to make sure people with learning disabilities are fairly represented in the West Sussex workforce. The film sponsored by Action for Inclusion, features the films producer Richard Lamplough and Anthony Wake. They take us on a journey covering a range of learning disabilities, candidates and their employers. Employers explain how easy it is to employ someone with a learning disability and the benefits of having a FREE Supported Employment Service like WorkAid to support and guide employers through this process within West Sussex. WorkAid, the specialist supported employment service commissioned by West Sussex County Council welcomed the opportunity to help local employers to make a difference and recruit reliable, enthusiastic, hard working and talented staff.

Joint Commissioning Manager (Learning Disabilities) for West Sussex County Council, Lucy Beach, said: "Enabling people with learning disabilities to get paid jobs is one of our top strategic priorities and it is fantastic to see so many employers wanting to support us achieve this."

Graham Tyler, Co Chairman of the Joint Learning Disability Partnership Board and also West Sussex County Council's Deputy Cabinet Member for Health and Adults Services said: "We know there are very real barriers faced by people with learning disabilities in experiencing work. We recognise this and this is why the County Council is committed to employing at least 40 people with learning disabilities over the next 12 months."

Employment is most successful when employer and employee needs are both met, WorkAid will match candidates skills to your business needs, supporting employees and employers through the recruitment and induction process. With over 13 years of professional knowledge and expertise, the WorkAid team also offers guidance on benefits and funding that maybe available to the employer.

Rachel Smither, WorkAid Manager, said: "I am astounded at the enthusiasm our employers have shown. our employers really want to shout about the benefits of our service and employing an individual with learning disabilities. The event has been a huge success and many employers want to develop ways of filling vacancies in their businesses."

WorkAid supports employers to be creative in developing new jobs, for example by job carving – a process where some tasks are identified in a new job, thus freeing up more experienced staff to take on new work. Employment and Skills Consultant for West Sussex County Council, Elizabeth Flegg said: "By thinking differently about the way we do things has been challenging for the council, however by being creative, we have become more accessible and this thinking outside the box has been refreshing. Job carving existing roles has enabled us to become more productive and offer paid employment to people with learning disabilities."

Guest speaker, Gary Liddell, Head Gardener at Petworth House has benefitted from several work placements through WorkAid. He said: "It is so rewarding to see how young people come out of their shell and flourish in the workplace." While Kevin Buchan, who has a learning disability and works at Petworth House said: "Thank you to WorkAid and Gary, for giving me my confidence back."

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Paranormal Activity 4 (15)

Three out of Five stars

Running time: 88 mins
Director: Henry Joost, Ariel Schulman
Starring: Kathryn Newton, Katie Featherston, Matt Shively, Brady Allen, Alexis Roe, Tommy Miranda

Watchable fourth instalment that delivers the requisite number of shocks and scares and succeeds thanks to likeable performances from Kathryn Newton and Matt Shively, though it stops short of pushing the franchise mythology any further forward and criminally under-uses its latest camera-based gimmick.

What's it all about?

Directed by franchise returnees Henry Joost and Ariel Schulman, Paranormal Activity 4 takes place after the events of the second movie, which, as a prologue reminds us, ended with a possessed Katie (series regular Katie Featherston) killing her sister's family and abducting her nephew. Set a few years later, PA4 focuses on likeable teenager Alice (Kathryn Newton) and her goofy boyfriend Alex (Matt Shively), who start using their laptops and Skype connections to record spooky goings-on in Alice's house after her oblivious parents take in the creepy kid from across the road (Brady Allen as Robbie) while his mother (Featherstone) is in hospital.

The Good

Newton and Shively are both excellent as the likeable, easily distracted teenagers, indeed, one of the film's best jokes is the fact that despite going to all the trouble of setting up their cameras, they hardly ever quite get around to watching back their own footage. Similarly, Allen is suitably creepy and there's strong support from both Featherston and Tommy Miranda as Alice's younger brother Jackson.

As is fast becoming traditional with the Paranormal Activity franchise, the film introduces some new technological gimmickry and uses it to appropriately chilling effect: in this case it's the use of Skype and smartphones as well as the combination of heat infrared camera and the dots of light from an X Box Kinect. The film duly delivers the requisite number of scares and plays some neat tricks along the way, whether it's Alex's practical jokes or some inspired fake-out moments (such as the soon-scary fridge door).

The Bad

The main problem with the film is that, having successfully established a new element that expanded the story with the third film, the fourth refuses to push the franchise any further forward, which is a bit of a let-down, especially given the film's publicity (tag-line: All the activity has been leading to this...). On a similar note, there's no sense of why the forces of darkness (whoever they may be) might be interested in Alice in the first place, contrasting badly with the previous films, which firmly established exactly why Katie and her sister were targeted.

In addition, the Kinect gimmick is criminally under-used, there are a handful of irritating inconsistencies and the film has a few too many moments where you are shouting at the screen for Alice to show someone the footage, although there is a great moment where Alice's dad walks out of the room dismissively shaking his head and saying 'You kids and your videos'.

Worth seeing?

Paranormal Activity 4 is a watchable entry in the series, though it plays it regrettably safe rather than attempting to expand the franchise mythology any further.

Winter and farmers' markets

CHICHESTER District Farmers' Markets will be staged between now and Christmas – so why not get down and support your local producers.

Good food also makes a great gift. So why not make a Christmas hamper from products sold at the markets in Chichester, Midhurst and Petworth?

Dates for the markets are:

Chichester
9am-2pm, City Centre
• Friday 16 November,
• Friday 7 December, and,
• Friday 21 December

Chichester's Christmas Market will also be held from Saturday 8 to Sunday 16 December in East and North Street. There will be a live nativity with donkeys and late night shopping on the Thursday (13 December). For further information, please contact the City Centre Partnership on 01243 773263 or go to www.chichesterbid.co.uk

Petworth
8.30am-1.30pm, Golden Square
• Saturday 15 December

Midhurst
8.30am-1.30pm, North Street
• Saturday 24 November

A Christmas Market will also be held on Friday (7 December) in the Jacobson Hall, The Spread Eagle Hotel & Spa, Midhurst to tie in with late night shopping and the Town Council's Street Party.

For more information on the farmers' markets go to: www.chichester.gov.uk/farmersmarkets

PARANORMAL ACTIVITY 4 COMPETITION

WIN 2 TICKETS!

For a chance to win 2 tickets, answer the following question

Q. WHEN DOES PARANORMAL ACTIVITY 4 TAKE PLACE?

A) AFTER THE 1ST MOVIE

B) AFTER THE 2ND MOVIE

C) AFTER THE 3RD MOVIE

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk.** One lucky winner will be selected at random. Closing time is Tuesday 13th November at midday. The winner will be notified later on that day.

• Last weeks winner is Margaret Goodman from Selsey

cineworld CINEMAS

Cineworld Chichester
Chichester Gate, Chichester, PO19 8EL - 0871 200 2000

What's on this Winter...
5 NOVEMBER TO 15 NOVEMBER

• ***The Chichester Singers at Chichester Cathedral*** performing Elgar Archer and Vaughan Williams
Date 10 November
Time 7.30pm
Tickets from Cathedral Shop **01243 813595** or **www.chichestertickets.co.uk**

• ***Indoor car boot***
Date 10 November
Place **Grange Centre, Midhurst**
Time 10am-1pm
More information **01730 816841, www.thegrange.org.uk**

• ***Roller disco***
Two sessions one for families with under 11s, and a main event for all ages (under 11s must be accompanied by an adult.
Date Saturday 10 November
Place Westgate Leisure Chichester
Time Mini rollers 4.15pm – 5.15pm main event 6pm – 7.30pm
Price Mini rollers: full hire £6 own skates £5 spectators £1.50 Main event: full hire £8 own skates £6.50 spectators £2
More information **01243 785651, www.westgateleisure.co.uk**

• ***Bird watching by boat***
Places are limited to 30 passengers all places must be pre booked.
Date Saturday 10 November
Place Departs from Itchenor
Time Departs 2pm, lasts one and a half hours.
Price £8.50 per person
More information **01243 513275, www.conservancy.co.uk**

• ***Children in Need event at Westgate Leisure Chichester***
Help Westgate Leisure Chichester celebrate 25 years by joining in the last of four charity events. This family fun Zumbathon starts at 12noon with family fun and games a bouncy castle face painting and more. The zumbathon will start at 1pm and last for 90 minutes. Under 12s to be accompanied by an adult at all times
Date Sunday 11 November
Place Westgate Leisure Chichester
Time starts at 12noon
Price free
More information **01243 785651, www.westgateleisure.co.uk**

• ***Richard Cole: the healing power of art***
Date Thursday 15 November
Place Pallant House Gallery
Time 6pm
Price talk and wine £12 (Friends £10.50) talk only £8.50 (Friends £7 students £7.50)
More information **www.pallant.org.uk**

• ***Ben Wilson: from wood sculptor to chewing gum artist***
Date Thursday 15 November
Place Pallant House Gallery
Time 6pm
Price Free booking essential
More information **01243 774557 www.pallant.org.uk**

• ***Tour highlights of the collection***
Join museum staff as they introduce visitors to the collections and tour the exhibition galleries Highlighting different artefacts on display every week, visitors discover the stories that bring them to life! Suitable for adults and older children
Date Thursday 1 November to Saturday 29 December (weekly on Wednesday and Saturday excluding Boxing Day)
Place The Novium,Tower Street, Chichester
Time 11am – 11.20am
Price Free with admission charge
More information **01243 775888, www.thenovium.org**

• ***Handling table***
Get up close to real and replica artefacts that relate to the exhibition themes in the galleries
Date Saturday 10 November to Saturday 22 December (fortnightly on Saturday)
Place The Novium,Tower Street, Chichester
Time 10.30am – 12noon
Price Free with museum admission
More information **01243 775888, www.thenovium.org**

• ***Learn a skill and make a gift for Christmas***
Starts 8 November 2012 Ends 14 December 2012
For a special pre Christmas day out, treat yourself to one of West Dean's popular 'Learn a skill' Make a gift' one-day courses.You will be guided through the process of making an exquisite hand-made gift by an experienced tutor in the company of like minded people
Place West Dean
When Running from 8 November to 14 December
Time gift days start at 9.15am and finish at 3.45pm
Price all materials lunch tea and coffee included in the price 10% discount for first time bookers or 5% discount if you book online Book early for the most popular courses which include:
• Keum Boo earrings 8 November £106
• Make a silver spoon 8&9December £116; and
• Make a wood turned bowl 14 December £100
Or try one of the new gift days programmed for this year
• Enamelled earrings or cufflinks, 27 November £117
• Sew an artisan apron 4 December £95
• Glass stars for Christmas 10 or 11 December £106 or
• Mistletoe carving for Christmas 15 November £100
For more information on 'Learn a skill' Make a gift' days visit, **www.westdean.org.uk/College Channel/ShortCourses/LearnaSkillMakeAGift.aspx**

• ***The Chichester Singers at Chichester Cathedral*** performing Elgar Archer and Vaughan Williams
Date 10 November
Time 7.30pm
Tickets from Cathedral Shop **01243 813595 or www.chichestertickets.co.uk**

• ***Indoor car boot***
Date 10 November

Place Grange Centre Midhurst
Time 10am-1pm
More information **01730 816841, www.thegrange.org.uk**

• ***Winter wonderland at West Dean***
Starts 1 November 2012 Ends 23 December 2012
More information **www.westdean.org.uk**

• ***Effervescence 2012***
Starts 1 November 2012 Ends 13 January 2013
Come to West Dean to buy exquisite and unusual gifts and decorations as well as contemporary individually made art and craft from West Dean's annual Effervescence exhibition.
Place West Dean Gallery
Time 11am – 4pm
When Every day 1 November-23 December 2012, and Wednesday to Saturday 4-13 January 2013
Price Free admission and car parking
More information **www.westdean.org.uk**

CHICHESTER cinema
at NEW PARK
01243 786 650
'your cinema on the park'

Fri 9 Nov: 13.15 The Sapphires (PG) 103m, 15.30 Holy Motors (18) 116m, 18.00 The Sapphires, 20.15 The Shining (18) 144m

Sat 10 Nov: 13.15 Holy Motors, 15.45 Elena 109m, 18.15 Laura (U) 85m, 20.30 The Sapphires

Sun 11 Nov: 13.00 Hitchcock Strangers on a Train (PG) 101m, 15.15 The Shining, 18.15 Room 237 (15) 102m, 20.30 The Sapphires

Mon 12 Nov: 12.30 Laura, 14.30 The Sapphires, 16.45 Holy Motors

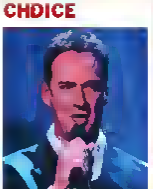
Tue 13 Nov: 13.15 Margaret (15) 150m, 16.00 The Sapphires, 18.15 Elena, 20.45 Holy Motors

Wed 14 Nov: 13.00 Holy Motors, 15.15 Margaret, 18.00 The Shining, 21.00 The Sapphires

Thu 15 Nov: 13.00 Elena, 15.15 The Sapphires, 17.30 Margaret, 20.45 Holy Motors

SATURDAY'S TV 10.11.12

CHOICE



Russell Watson

The Royal British Legion Festival of Remembrance
BBC1, 9.15pm
The situation in the Middle East means that the sacrifices made by British soldiers are in many people's minds all year round. But that won't lessen the impact of the Festival of Remembrance. Among those taking part this year will be the Military Wives choir, formed last year by Gareth Malone, you may remember they also appeared at last year's service. This time around they'll be joined on stage by former X Factor finalist and serving soldier Jonjo Kerr in a rendition of In My Dreams.

BBC1

6.00 Breakfast 6.30 Saturday Kitchen Best Bites 10.45 Lord Mayor's Show 2012 12.00 BBC News/Regional News/Weather 12.15 Football Focus 1.00 Bargain Hunt (R) 2.00 Live International Rugby Union 4.30 Final Score. 5.25 BBC News/Regional News/Weather 5.40 Pointless Celebrities.

6.30 **Strictly Come Dancing** Claudia Winkleman and John Tews Daily to present another ballroom battle as the pro-celebrity couples bid to impress the judges and get their names at the top of the leaderboard. The results are tomorrow at 7.20pm

8.00 **Merlin** Morgana snatches Gwen and locks her in a magical tower forcing Arthur and his knights to battle all manner of dangers as they set out to rescue the queen

8.50 **The National Lottery Saturday Night Draws** Scott Mills presents a performance by Susan Boyle and pushes Jim Bolton to set the balls rolling in the Lotto and Thunderball draws

9.00 **BBC News** Weather

9.15 **The Royal British Legion Festival of Remembrance** Annual event paying tribute to the victims of war and conflict held in the Royal Albert Hall in the presence of the Queen. With Rod Stewart, Aissell Watson and Alexandra Burke

10.40 **Match of the Day** Gary Lineker presents highlights of today's Premier League matches, including Aston Villa v Manchester United, Villa Park and Arsenal v Fulham at the Emirates Stadium. National Lottery Update.

12.10 The Football League Show.
1.25 Weatherwise 1.30 BBC News.

BBC2

6.30 Cbeebies 7.00 CBBC. 12.00 The Sky at Night. (R) 12.25 Film: Flying Down to Rio (1933) 1.45 Live Tennis: ATP World Tour Finals. Sue Barker presents coverage of day six from the O2 in London. 6.00 Live international rugby Union: Ireland v South Africa (Kick off 5.30pm).

7.30 **Attenborough's Ark: Natural World Special.** David Attenborough chooses the 10 endangered animals that he would most like to save from extinction highlighting the work of conservationists helping to keep them alive. (R)

8.30 **Dad's Army** Corporal Jones misplaces £500 donated by local shopkeepers to provide a new canteen for servicemen so the platoon tries to help him remember where he put it. (R)

9.00 **QI XL** Stephen Fry hosts an extended edition of the quiz, with Jimmy Carr, Sue Perkins, Ross Noble and Alan Davies answering questions on the topic of jeopardy

9.45 **The Making of QI** An insight into the programmes of the popular comedy quiz, showing which boat Stephen Fry awards points to the contestants and how often interesting answers to his questions. (R)

10.45 **Film: Perfect Sense** (2011) Premiere. A thief and a scientist fall in love as an epidemic sweeps the world, robbing people of their ability to smell and taste. Romantic drama with Ewan McGregor and Eva Green.

12.15 **Film:** The Night of the Generals (1967) Second World War mystery starring Peter O'Toole 2.30 Close

ITV1

6.00 CITV: Mickey House Clubhouse 6.25 The Hive (R) 6.35 The Hive (R) 6.45 The Hive. (R) 6.50 Cammals (R) 7.00 Cammals (R) 7.05 The Avengers 7.25 Robot: A Fair Awesome 7.40 Robot: A Fair Awesome 7.50 Horrid Henry. (R) 8.05 Horrid Henry. (R) 8.30 Horrid Henry (R) 8.35 Sneak It Up 9.00 My Phone Genie 9.25 ITV News 9.30 The Jeremy Kyle Show USA. 10.25 The Jeremy Kyle Show USA. 11.20 Dinner Date: Australia. 12.15 ITV News: Weather 12.30 Countryview 12.45 Holiday Home Sweet Home 1.45 Holiday Home Sweet Home 2.45 Film: Star Wars: Episode VI – Return of the Jedi. (1983) 5.20 Regional Programme: Weather 5.35 ITV News: Weather 5.50 The Chase: Celebrities All Star

h 20 **New You've Been Framed!**

h 55 **Take Me Out:** A London saxophonist who tears with Olly Murs, an electrician from Pontefract in West Yorkshire, a Surrey headteacher and a bike ring peer from Cornwall take part in the dating show

8.00 **The X Factor Results:** Dermot O'Leary presents the north live studio round as the remaining acts battle to win a place in the top 10 after taking judges and persuade viewers to pick up their phones and vote

9.00 **The Jonathan Ross Show** With Damien Lewis and Psy Last on the notes.

10.50 ITV News: Weather

11.00 **Film: The Fast and the Furious: Tokyo Drift.** (2006) Motor-racing adventure starring Lucas Black.

1.00 The Store. ITV News Headlines 3.00 Lapland is Lady Australia. (R) 3.45 ITV Nightscreen 5.30 ITV Morning News.

CHANNEL 4

6.15 Channel 4 Presents – Tennis. (R) 6.20 The Treacle People. (R) 6.30 Beach Volleyball. (R) 7.25 British Rallycross. 7.50 Channel 4 Presents – Nathan. (R) 7.55 The Morning Line. 6.55 T4: The Crush. 9.25 T4: Made in Chelsea. 10.25 T4: Subsequently. 10.55 T4: The Big Bang Theory. (R) 11.25 T4: The Big Bang Theory. (R) 11.55 T4: The Simpsons. (R) 12.25 T4: The Simpsons. (R) 12.55 Deal or No Deal. 1.55 Channel 4 Racing. 3.55 Come Dine with Me: Down Under. 4.25 Come Dine with Me: Down Under. 4.55 Come Dine with Me: Down Under. 5.25 Come Dine with Me: Down Under. 5.55 Come Dine with Me: Down Under

6.25 **Channel 4 News**

8.55 **4thought tv**

7.00 **George Clarke's Amazing Spaces.** A couple who have spent their savings on a prototype modular holiday home. Plus: a beach hut given running water and solar power and gypsy caravans restored to their former glory (R)

8.00 **Hustle's Fantastical Fund:** Heston Blumenthal inspires all manner of lowlifes, beginning with breakfast with chickens the world's largest boiled egg epic cereal and melee-flung sausages. (R)

9.00 **Film: Knight and Day.** (2010) Premiere. A woman gets drugged into a rogue secret agent's mission to clear his name after he is framed as a traitor. Comedy adventure with Tom Cruise.

11.15 **Film: There's Something About Mary** (1998) Comedy starring Cameron Diaz.

1.30 Film: Viva Riva! (2010) 3.05 Kittyboom 5.10 Deal or No Deal (R)

CHANNEL 5

6.00 Milkshake! 11.00 Power Rangers: Super Samurai 10.35 ThunderCats 11.10 The Fantastical Men. (R) 12.10 Cowboy Builders. (R) 1.05 Pet's Animal Clinic. (R) 2.05 Film: The Accidental Witness. (2006) Thriller, starring Nasseem Gregson Webber and Curtis Graham. 3.55 Film: Wandering Eye. (2011) 5.40 Film: Hell Boats. (1970)

7.25 **5 News Weekend.**

7.30 **Film: The Bridge at Remagen.** (1969) American soldiers are sent to capture a secretly vital bridge over the Rhine before German soldiers destroy it. Second World War adventure with George Segal and Robert Vaughn

9.00 **CSI: Miami** Horatio and the team investigate the death of a janitor at a techno academy and uncover evidence that someone at the establishment is a child molester

10.45 **CSI: Crime Scene Investigation...** Part one of two. A man accused of murdering his wife and colleagues takes a woman hostage in a casino hotel room. Young Brass is negotiate. Starring Paul Guilfoyle. (R)

11.40 **Forensic Files** How forensic techniques help solve puzzling crimes. Detectives investigate whether a businessman has been killed deliberately driving a robbery (R)

12.10 SuperCasino 4.00 House Doctor (R) 4.25 Driving Dogs. (R) 4.50 Connie Secrets (R) 5.00 Hana's Holiday. (R) 5.30 The Wilkshakes Show. (R) 5.40 Thomas & Friends. (R) 5.50 Rosie & Jim. Raising Car (R)

DIGITAL

BBC Three
7.00 International Rugby Union 8.00 Top Gear 9.00 Live at the Apollo 10.00 Russell Howard's Good News Extra 10.45 Family Guy 11.30 American Dad!

BBC Four
7.00 Pavlopetri – The City Beneath the Waves 8.00 Once and Now. The Story of Electricity 9.00 Inspector Montalbano 10.40 Nigel Slater: Life is Sweets 11.40 Do We Really Need the Moon?

ITV2
2.00 The X Factor USA 5.55 Film: The Polar Express (2004) 7.55 Film: Land of the Lost (2009) 9.55 The Xtra Factor 10.50 Take Me Out – The Gossip 11.45 Celebrity Juice

ITV3
3.55 Goodnight Mister Tom 6.00 Minder. Shi Wrote 6.55 Rosemary & Thyme 8.00 Foyle's War 10.00 Bomb Girls 11.05 Film: Elizabeth: The Golden Age (2007)

ITV4
3.10 Film: All Quiet on the Western Front (1930) 5.55 The Sweeney 7.00 England's Greatest Goals 8.00 Rory Bremner's 9.00 Film: Sudden Death (1995) 11.15 Hamish & Andy's Euro Gap Year

E4
3.30 Made in Chelsea 4.30 Baggage 5.35 How I Met Your Mother 6.30 The Big Bang Theory 8.00 Antics of Engagement 9.00 Rude Tube 10.00 Film: Under Siege 2: Dark Territory (1995)

Film4
3.15 Carry On Sergeant (1958) 4.55 The Wedding Planner (2001) 6.50 Night at the Museum: Battle of the Smithsonian (2009) Fantasy comedy sequel, starring Ben Stiller, Amy Adams and Steve Coogan. 8.00 Shallow Grave (1994) Thriller with Ewan McGregor and Kerry Fox. 10.50 Kill List (2011)

SUNDAY'S TV 11.11.12

CHOICE

Tamsin Greig

Friday Night Dinner
Channel 4, 10pm
Friday Night Dinner (season one) marked Channel 4's biggest comedy launch in the last seven years, and helped boost the already impressive careers of The Inbetweeners' Simon Bird and ever-sublime Episodes star Tamsin Greig. This second run has been just as much fun, and in the final offering the lads return home to find the builders have been in and the house is in a complete mess. To make matters worse there's a mouse loose. Mum has taken up refuge in the shed, and Dad is in charge of making dinner. Twitchy Jim puts round to see if he can help.

BBC1

6.00 Breakfast 7.35 Match of the Day 8.00 Thin Andrew Marr Show 10.25 Remembrance Sunday: The Cenotaph. Weather for the Week Ahead 12.15 Sunday Politics 1.20 Pieces of View 3.45 Penguin Island (R) 2.10 Live International Rugby Union. 4.50 Remembrance Week (R) 5.25 Songs of Praise

6.00 **BBC News** Regional News Weather

6.20 **Countryfile** A Remembrance Sunday special from the Forest of Dean

7.20 **Strictly Come Dancing: The Results** Another couple leave and will nail Andrew Rian performs.

8.00 **Antiques Roadshow.** Fiona Bruce presents a Remembrance Day edition from Farnborough. Items include early designs for a flying machine and a letter written in thin First World War trenches. Red button viewers can play along by guessing the valuation

9.00 **Andrew Marr's History of the World.** The medieval age – from the world were to now and beyond. Last in the series

10.00 **BBC News** Regional News/Weather

10.25 **Match of the Day 2** Including highlights of Manchester City v Tottenham Hotspur

11.05 **The Graham Norton Show** With Cameron Diaz, Sarah Millican, Bradley Wiggins and Rod Stewart. (R)

12.20 **Film:** Masquerade (1988) 1.50 Weatherwise 1.55 Sign Zone. The Choir: Sing While You Work. (R) 2.55 Holby City (R) 3.55 The Paradise (R) 4.55 BBC News.

BBC2

6.00 Cbeebies. 7.00 CBBC. 9.30 Saturday Kitchen Best Bites 11.00 Two Minute Silence 11.05 The Great British Bake Off (R) 12.05 Top Gear (R) 12.30 Live Motor GP. 2.00 Live Tennis: ATP World Tour Finals. 4.00 Live International Rugby League.

7.00 **Remembrance Sunday: The Cenotaph Highlights.** David Dimbleby and Sophie Raworth present highlights of the morning's ceremony at the Cenotaph in London, where thousands of veterans took part in the traditional march past

8.00 **Operation Iceberg** First of two programmes in which a team of adventurers and scientists including naturalist Chris Packham and diver Andy Techet, visit the Arctic to explore the world of icebergs. (R)

9.00 **Dragons' Den** Ideas and products being pitched to the panel include a tablet computer caravan covers an over-cleaning gadget and a backpack that can be used to tow children on ski slopes

10.00 **Harry & Paul** The Surgeons return to their youth as members of the Cambridge Footlights and the American Cops get arrested

10.30 **Hinkhorn** Sarah attempts to give Jank advice on his interview technique. (R)

11.00 **Film: Sand Pilot** (2008) Premiere. A singing duo who have not spoken since falling out years ago travel across America to perform at a tribute concert. Comedy starring Samuel L. Jackson and Bernie Mac.

12.35 **Film:** Wonderful Town (2007) Drama starring Annalise Salsenstein 2.00 BBC News.

ITV1

6.00 CITV: Engie Benjy 6.10 Special Agent Oso 6.20 Special Agent Oso. 6.30 Signed Stories. (R) 6.45 Monk. (R) 6.50 Cammals. (R) 6.55 Cammals. (R) 7.05 Matt Hatter Chronicles 7.25 Almost Naked Animals. (R) 7.35 Almost Naked Animals. (R) 7.50 Almost Naked Animals. (R) 8.00 Nanoos and Fenn. 8.10 Thomas and Friends: Big Time Rush 8.00 Good Luck Charlie. 9.25 ITV News 9.30 House Gift (R) 10.30 The Underwhelmables. (R) 11.00 ITV News: Weather 11.10 Countryview 11.25 Dickinson's Real Deal. (R) 12.25 Film: Carry On Follow That Camel (1967) 2.15 The X Factor (R) 4.00 The Heme of Fabulous Cakes 5.00 Downton Abbey (R)

8.25 **Regional Programme:** Weather

8.45 **ITV News:** Weather

7.00 **Surprise Surprise** With Kathryn Jenkins and Bradley Walsh

8.00 **The X Factor Results.** Another live results show and more performances by what's topping them

9.00 **I'm a Celebrity Get Me Out of Here!** New series. Ant and Dec present as a fresh batch of famous faces leave luxury and rough it home among the creepy crawlies of the Australian jungle

10.35 ITV News: Weather

10.50 **Piers Morgan's Life Stories: Gyles Brandreth** The former Spitting Image writer

11.45 **Anglo Welsh Cup Rugby Union.** Highlights of the opening 2 matches

12.40 The Store. ITV News Headlines 2.45 Moneywise UK. 3.30 ITV Nightscreen 5.20 ITV Morning News.

CHANNEL 4

6.05 Channel 4 Presents – Nathan. (R) 6.10 The Treacle People. (R) 6.30 The Hooks (R) 6.45 The Hooks (R) 7.10 Extreme Sailing Series. 7.40 Cardiff Half Marathon. 8.05 Channel 4 Presents – Oscar (R) 8.10 WWE Raw. (R) 8.35 Frasier. (R) 9.00 Channel 4 News. 9.25 Sunday Brunch. 12.00 The Big Bang Theory. (R) 12.25 The Big Bang Theory. (R) 1.05 The Simpsons. (R) 1.35 The Simpsons. (R) 2.05 Hughs 3 Good Things. 2.35 Hugh's 3 Good Things. 3.10 Hugh's 3 Good Things. 3.40 Hugh's 3 Good Things. 4.10 Hugh's 3 Good Things. 4.40 The Forgotten Gunmins of WWI. A Time Team Special. h 45 Film: Furry Vengeance (2010)

7.25 **Channel 4 News.**

7.35 **4thought tv**

8.00 **How Britain Worked:** Guy Martin and a team from the Black Country Living Museum restore a Newcomen engine, an 18th century steam-powered dev or used principally to pump water out of mines

9.00 **Homeland** A new agreement with Carrie and Quinn to stop an attack on America

10.00 **Friday Night Dinner:** Mum's taken refuge in the shed because there's a mouse in the house. Last in the series

10.30 **Damon Brook: Fear and Faith.** Part one of two. The showman removes pelvis for fear of fear. (R)

11.00 **Secret Sixties** Political drama, starring Gabriel Byrne. (R)

12.35 Cal Comedy Presents: Them from That Thing. (R) 1.05 American Football: Live. 4.45 Cruiser Match. (R) 4.55 Connie Secrets (R) 5.40 Make On & Mend. (R)

CHANNEL 5

6.00 Milkshake! Peppa Pig. 6.55 Bizzy the Racing Car. (R) 8.15 Fifi and the Flowertots. (R) 8.25 Bert and Ernie's Great Adventures. (R) 8.30 The Mr Men Show. (R) 8.45 Olive the Ostrich. 9.01 Angry Birds: Flying Fairy School. (R) 9.10 Thomas and Friends. (R) 9.20 Postman Pat. (R) 7.05 Bananas in Pyjamas. (R) 7.20 Peppa Pig. (R) 7.30 Noddy in Toyland. (R) 7.40 City of Friends. (R) 7.50 Little Princess. (R) 8.05 The Adventures of Abney & Teal. (R) 8.20 Thomas & Friends. (R) 8.30 Bob the Builder. (R) 8.40 Super Bear. (R) 9.00 Ben and Holly's Little Kingdom. (R) 9.15 Tidbys: Travelling Circus. (R) 9.30 Rainbow Rocking Car. (R) 9.45 Jelly Jamm. (R) 10.00 Power Rangers: Super Samurai 10.35 ThunderCats. 11.00 5 News: Remembrance Sunday. 11.25 The Gadget Show. (R) 12.00 Wild Things with Dominic Monaghan. (R) 1.00 Film: Stuart: A Life Backwards. (2006) 2.30 Film: Cats & Dogs. (2001) 4.10 Film: You've Got Mail. (1998)

8.25 **5 News Weekend**

8.00 **Film: Lost in Space.** (1998) Sci-fi starring William Hurt and Gary Oldman

9.00 **Film: Valkyrie.** (2008) Premium. Fact-based thriller, re-creating the 1944 plot by rebel German officers to assassinate Hitler using a briefcase bomb. Starring Tom Cruise, Kenneth Branagh and Bill Nighy

11.20 **Hotfields & McCoys** Three bonny hunters go after Anse and his sons. (R)

12.30 How Do They Do It? (R) 1.00 SuperCasino 4.00 The FBI Files. (R) 4.50 Connie Secrets (R) 5.05 Hana's Helpline. (R) 5.15 The Wilkshakes' Show. (R) 5.40 Thomas & Friends. (R) 5.50 Rosie & Jim. Racing Car (R)

DIGITAL

BBC Three
7.00 Inner Doctors: Your Life in Their Hands 7.55 Great Movie Mistakes 8.00 Gavin & Stacey 8.00 Snn. Sex and Surgeons: Parents 10.00 American Dad! 10.45 Family Guy 11.30 Some Girls

BBC Four
7.00 Apples. Britain in the Corn 8.00 Michael Wood: The Story of India 9.00 Legends. Ray Ortiz on – The Big O. In Britain 10.00 Film: The Bird with the Crystal Plumage (1970) 11.00 Michael Wood: The Story of India

ITV2
3.30 Film: The Flintstones (1994) 5.00 Take Me Out 6.10 Take Me Out – The Gossip 7.00 Film: Dragonheart (1996) 8.00 The Xtra Factor Results 10.00 Totally Gorgeous Goals and World Records 10.35 I'm a Celebrity Get Me Out of Here Now 11.35 Girlfriends

ITV3
3.55 Goodnight Mister Tom 6.00 Minder. Shi Wrote 6.55 Rosemary & Thyme 8.00 Foyle's War 10.00 Bomb Girls 11.05 Film: Elizabeth: The Golden Age (2007)

ITV4
3.10 Film: All Quiet on the Western Front (1930) 5.55 The Sweeney 7.00 England's Greatest Goals 8.00 Rory Bremner's 9.00 Film: Sudden Death (1995) 11.15 Hamish & Andy's Euro Gap Year

E4
3.30 Made in Chelsea 4.30 Baggage 5.35 How I Met Your Mother 6.30 The Big Bang Theory 8.00 Antics of Engagement 9.00 Rude Tube 10.00 Film: Under Siege 2: Dark Territory (1995)

Film4
3.15 Carry On Sergeant (1958) 4.55 The Wedding Planner (2001) 6.50 Night at the Museum: Battle of the Smithsonian (2009) Fantasy comedy sequel, starring Ben Stiller, Amy Adams and Steve Coogan. 8.00 Shallow Grave (1994) Thriller with Ewan McGregor and Kerry Fox. 10.50 Kill List (2011)

Monday

BBC1 5.00 Breakfast. 9.15 Neighbourhood Blues. 10.00 Homes Under the Hammer. (R) BBC News Weather. 11.00 Watchdog Daily. 11.45 Cash in the Attic. (R) BBC News Weather. 12.15 Bargain Hunt. 1.00 BBC News Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.15 Escape to the Country. (R) 3.00 BBC News Weather. Regional News. 3.05 CBBC. 5.15 Pointless. 6.00 BBC News Weather. 6.30 Regional News Programmes Weather. 7.00 The One Show. 7.30 Inside Out. BBC News. Regional News. 9.00 EastEnders. 9.30 Panorama. 10.00 Richard Hammond's Miracles of Nature. 10.00 BBC News. 10.25 Regional News Weather. 10.35 Inshore. 12.00 Film. Shake (1995) Biopic of pianist David Helfgott, starring Geoffrey Rush. 1.40 Weathervane. 1.45 Sign Zone. Wartime Farm. (R) 2.45 Lucrarea. Fast. Fresh and Easy Food. (R) 3.15 Fly On Food. (R) 4.45 BBC News.

BBC2 7.00 CBeebies. 7.00 CBBC. 8.25 CBeebies. 11.30 BBC World News. 12.00 Daily Politics. 1.00 Restoration Roadshow. (R) 1.30 To Buy or Not to Buy. (R) 2.15 Weakest Link. (R) 3.00 Heat Rescues. (R) 3.45 Flog It! 4.30 Breakaway. (R) 5.15 Put Your Money Where Your Mouth Is. (R) 6.00 Eggheads. (R) 6.30 Strictly Come Dancing – It Takes Two. 7.00 Celebrity Antiques Road Trip. Sue Holderness and John Challis take part. 8.00 University Challenge. 8.30 MasterChef: The Professionals. 9.00 The Dark Charisma of Adolf Hitler. 10.00 Never Mind the Buzzcocks. 10.30 Newsnight. Weather. 11.20 Dragons' Den. (R) 12.20 Britain in a Day. (R) 1.50 BBC News. 4.00 BBC Learning Zone.

ITV1 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 The Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.55 Regional News Weather. 2.00 Crime Stories. 3.00 Dickinson's Real Deal. (R) 3.59 Regional Weather. 4.00 The Dales. (R) 4.30 The Dales. (R) 5.00 The Chase. 5.30 Regional News Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Coronation Street. 9.00 Little England. 9.30 Coronation Street. 10.00 I'm a Celebrity Get Me Out of Here! 10.00 ITV News at Ten Weather. 10.30 Regional News Weather. 10.35 The Agenda. 11.00 Film Training Day. (2001) Thriller starring Denzel Washington. 1.15 Jackpot247. ITV News Headlines. 3.00 Champions League Weekly. 3.25 ITV Nightscreen. 4.35 The Jeremy Kyle Show. (R) 5.30 ITV Morning News.

Channel 4 5.00 Channel 4 Presents – Hannah. (R) 6.10 The Hooks. (R) 6.35 The Hooks. (R) 7.00 Freshly Squeezed. 7.30 According to Jim. (R) 7.55 Everybody Loves Raymond. (R) 8.20 Everybody Loves Raymond. (R) 8.00 Frasier. (R) 8.30 Frasier. (R) 10.00 Undercover Boss Canada. (R) 11.00 A Place in the Sun: Home or Away. 12.00 Channel 4 News Midday Summary. 12.05 SuperScrimpers. 12.35 Celebrity Come Dine with Me. (R) 1.35 Phil Spencer: Secret Agent. 2.45 Countdown. 3.30 1001 Things You Should Know. 4.00 Deal or No Deal. 5.00 Come Dine with Me. 5.30 James's 15 Minute Meals. 6.00 The Simpsons. 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought. 8.00 George Clarke's Amazing Spaces. 9.00 Heston's Fantastical Food. 10.00 Fresh Meat. 10.50 Random Acts. 11.25 Henman: (R) 12.00 European Poker Tour. 1.00 Channel 4 Presents – Lee. (R) 1.00 Sailing: Americas Cup Discovered. 1.30 NOTT. (R) 2.00 Mouth to Mouth. 2.30 Holyoaks. 2.55 Button Cows. Cars and Superstars. 3.20 British Rallycross. (R) 3.45 Extreme Sailing Series. (R) 4.15 Cardiff Half Marathon. (R) 4.45 Ironman World Series. (R) 5.10 Deal or No Deal. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.15 The Hotel Inspector. (R) 12.10 5 News Lunchtime. 12.15 Best House in the Street. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 CSI: Miami. (R) 3.15 Film. Armhere Story. (2005) Fact-based drama, starring Elizabeth Reinn. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Wild Things with Dominic Monaghan. (R) 8 News Update. 9.00 The All New Gadget Show. 9 News at 9. 9.30 Film. High Plains Drifter. (1973) Western, directed by and starring Clint Eastwood. 11.15 Film. Out for Justice. (1991) Action thriller with Steven Seagal. 1.00 SuperCasino. 4.00 House Rulesters. (R) 4.25 House Doctor. (R) 4.45 Michaela's Wild Challenge. (R) 5.10 Wildlife SOS. (R)

Tuesday

BBC1 5.00 Breakfast. 9.15 Neighbourhood Blues. 10.00 Homes Under the Hammer. (R) BBC News. Weather. 11.00 Watchdog Daily. 11.45 Cash in the Attic. (R) BBC News. Weather. 12.15 Bargain Hunt. 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.45 Doctors. 2.15 Escape to the Country. (R) 3.00 BBC News. Weather. Regional News. 3.05 CBBC. 5.15 Pointless. 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 EastEnders. BBC News. Regional News. 9.00 Betty. 10.25 Regional News. Weather. National Lottery Update. 10.35 The Bank Job. Between Life and Death. 11.35 Film. Versailles Guerin. (2003) Fast-based drama, starring Cate Blanchett. 1.10 Weathervane. 1.15 Sign Zone. Exploring China. A Culinary Adventure. (R) 2.15 Servants. The True Story of Life Below Stairs. (R) 3.15 Fly On Food. (R) 4.30 Paul Martin's Hamfreaks Revolution. (R) 4.45 BBC News.

BBC2 7.00 CBeebies. 7.00 CBBC. 8.25 CBeebies. 11.30 BBC World News. 12.00 Daily Politics. 1.00 Restoration Roadshow. (R) 1.30 To Buy or Not to Buy. (R) 2.15 Weakest Link. (R) 3.00 Heat Rescues. (R) 3.45 Flog It! 4.30 Breakaway. (R) 5.15 Put Your Money Where Your Mouth Is. (R) 6.00 Eggheads. (R) 6.30 Strictly Come Dancing – It Takes Two. 7.00 Celebrity Antiques Road Trip. 8.00 MasterChef: The Professionals. 9.00 Dara O Briain's School Club. 10.00 Later... With Jools Holland. 10.30 Newsnight. Weather. 11.20 Imagine. (R) 12.50 BBC News. 4.00 BBC Learning Zone.

ITV1 6.00 Daybreak. 8.30 Lorraine. 9.30 The Jeremy Kyle Show. 10.30 The Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.55 Regional News Weather. 2.00 Crime Stories. 3.00 Dickinson's Real Deal. (R) 3.59 Regional Weather. 4.00 The Dales. (R) 4.30 The Dales. (R) 5.00 The Chase. 5.30 Regional News Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 The Martin Lewis Money Show. 8.00 Celebrity and Me. 40 Years on Coronation Street. 9.00 I'm a Celebrity Get Me Out of Here! 10.00 ITV News at Ten Weather. 10.30 Regional News Weather. 10.35 Take Me Out. (R) 11.55 Gamekeepers. (R) 12.15 Jackpot247. ITV News Headlines. 3.00 Lunar Island. (R) 3.50 ITV Nightscreen. 4.30 ITV Morning News.

Channel 4 6.15 The Hooks. (R) 6.40 The Hooks. (R) 7.30 Freshly Squeezed. 7.35 According to Jim. (R) 9.05 Everybody Loves Raymond. (R) 9.35 Everybody Loves Raymond. (R) 10.05 Frasier. (R) 10.35 Frasier. (R) 10.00 Undercover Boss Canada. (R) 11.00 A Place in the Sun Home or Away. 12.00 Channel 4 News Midday Summary. 12.05 SuperScrimpers. 12.35 Celebrity Come Dine with Me. (R) 1.35 Phil Spencer: Secret Agent. 2.45 Countdown. 3.30 1001 Things You Should Know. 4.00 Deal or No Deal. 5.00 Come Dine with Me. 5.30 James's 15 Minute Meals. 6.00 The Simpsons. 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought. 8.00 George Clarke's Amazing Spaces. 9.00 Heston's Fantastical Food. 10.00 Fresh Meat. 10.50 Random Acts. 11.25 Henman: (R) 12.00 European Poker Tour. 1.00 Channel 4 Presents – Lee. (R) 1.00 Sailing: Americas Cup Discovered. 1.30 NOTT. (R) 2.00 Mouth to Mouth. Holyoaks. 2.55 Button Cows. Cars and Superstars. 3.20 British Rallycross. (R) 3.45 Extreme Sailing Series. (R) 4.15 Cardiff Half Marathon. (R) 4.45 Ironman World Series. (R) 5.10 Deal or No Deal. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.15 The Hotel Inspector. (R) 12.10 5 News Lunchtime. 12.15 Best House in the Street. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 CSI: Miami. (R) 3.15 Film. Bennerville. (2005) Comedy drama, starring Jessica Lange. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Highland Emergency. 7.30 Highland Emergency. 8 News Update. 8.00 Rolf's Animal Clinic. 9 News at 9. 9.30 Body of Proof. 10.05 CSI: NY. (R) 10.55 CSI: NY. (R) 11.55 CSI: Crime Scene Investigation. (R) 12.45 Forensic Files. (R) 1.10 SuperCasino. 4.00 Housebusters. (R) 4.25 House Doctor. (R)

Wednesday

BBC1 5.00 Breakfast. 9.15 Neighbourhood Blues. 10.00 Homes Under the Hammer. (R) BBC News. Weather. 11.00 Watchdog Daily. 11.45 Cash in the Attic. (R) BBC News. Weather. 12.15 Bargain Hunt. 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.45 Doctors. 2.15 Escape to the Country. (R) 3.00 BBC News. Weather. Regional News. 3.05 CBBC. 5.15 Pointless. 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. BBC News. Regional News. 9.00 DIY SOS. The Big Build. Children in Need Special. 9.00 Brazil with Michael Palin. 10.00 BBC News. 10.25 Regional News. Weather. 10.35 The National Lottery Wednesday Night Draw. 10.45 Have I Got a Bit More News for You. 11.25 Film. 2012 with Claudia Winkleman. National Lottery Update. 11.55 Film. Salvage. (2009) 1.15 Weathervane. 1.20 Sign Zone. See Hear. (R) 1.55 Andrew Marr's History of the World. (R) 2.50 Fly Off Food. (R) 4.00 BBC News.

BBC2 7.00 CBeebies. 7.00 CBBC. 8.25 CBeebies. 11.30 BBC World News. 12.00 Daily Politics. 1.00 Restoration Roadshow. (R) 1.30 To Buy or Not to Buy. (R) 2.15 Weakest Link. (R) 3.00 Heat Rescues. (R) 3.45 Flog It! 4.30 Breakaway. (R) 5.15 Put Your Money Where Your Mouth Is. (R) 6.00 Eggheads. (R) 6.30 Strictly Come Dancing – It Takes Two. 7.00 Celebrity Antiques Road Trip. 8.00 MasterChef: The Professionals. 9.00 The Culture Show. 10.30 Newsnight. Weather. 11.20 Great Continental Railway Journeys. (R) 12.20 Storyville – Knocking on Heaven's Door. 1.20 BBC News. 4.00 BBC Learning Zone.

ITV1 6.00 Daybreak. 8.30 Lorraine. 9.30 The Jeremy Kyle Show. 10.30 The Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.55 Regional News Weather. 2.00 Crime Stories. 3.00 Dickinson's Real Deal. (R) 3.59 Regional Weather. 4.00 The Dales. (R) 4.30 The Dales. (R) 5.00 The Chase. 5.30 Regional News Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.30 I'm a Celebrity Get Me Out of Here! 10.00 ITV News at Ten Weather. 10.30 Regional News Weather. 10.35 The Agenda. 11.00 Film. Celebrity. (1998) Comedy drama, starring Kenneth Branagh. 1.30 ITV Nightscreen. 4.30 ITV Morning News.

Channel 4 6.15 The Hooks. (R) 6.40 The Hooks. (R) 7.30 Freshly Squeezed. 7.35 According to Jim. (R) 9.05 Everybody Loves Raymond. (R) 9.35 Everybody Loves Raymond. (R) 10.05 Frasier. (R) 10.35 Frasier. (R) 10.00 Undercover Boss Canada. (R) 11.00 A Place in the Sun Home or Away. 12.00 Channel 4 News Midday Summary. 12.05 SuperScrimpers. 12.35 Celebrity Come Dine with Me. (R) 1.35 Phil Spencer: Secret Agent. 2.40 Countdown. 3.30 1001 Things You Should Know. 4.00 Deal or No Deal. 5.00 Come Dine with Me. 5.30 James's 15 Minute Meals. 6.00 The Simpsons. 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought. 8.00 SuperScrimpers. Winter Survival Tips. 8.00 Grand Designs. 10.00 Secret State. 10.55 Gardens Acts. 11.10 Comedy Overboard! 12.10 Music on 4. Abbey News Studios In Session. 12.55 Music on 4. Spotlight: Indie and Rock. (R) 1.10 Music on 4. The Cribs. (R) 2.05 4OD. 2.45 Film. De Nod O Asia. (1969) 4.30 Deal or No Deal. (R) 5.25 Countdown. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.15 The Hotel Inspector. (R) 12.10 5 News Lunchtime. 12.15 Best House in the Street. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 CSI: Miami. (R) 3.15 Film. Crimes of Fashion. Hostile Makeover. (2009) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Strictly Come Dancing. 8 News Update. 8.00 The Removal Men. 9 News at 9. 9.00 Film. Erin Brockovich. (2000) 11.45 Law & Order: Special Victims Unit. (R) 12.40 Forensic Files. (R) 1.05 Supercasino. 4.00 Housebusters. (R) 4.25 House Doctor. (R) 4.45 Michaela's Wild Challenge. (R) 5.10 Wildlife SOS. (R)

Thursday

BBC1 5.00 Breakfast. 9.15 Neighbourhood Blues. 10.00 Homes Under the Hammer. (R) BBC News. Weather. 11.00 Watchdog Daily. 11.45 Cash in the Attic. (R) BBC News. Weather. 12.15 Bargain Hunt. 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.45 Doctors. 2.15 Escape to the Country. (R) 3.00 BBC News. Weather. Regional News. 3.05 CBBC. 5.15 Pointless. 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 7.00 The One Show. 7.30 EastEnders. BBC News. Regional News. 9.00 Young Apprentice. 9.00 Hunties. 10.00 BBC News. 10.25 Regional News. Weather. 10.35 Question Time. 11.35 The Bill. 12.25 EastEnders. 1.00 Weathervane. 1.05 Sign Zone. Panorama. (R) 2.25 Countryfile. (R) 3.20 Antiques to the Rescue. (R) 4.20 BBC News.

BBC2 7.00 CBeebies. 7.00 CBBC. 8.00 CBeebies. 11.30 BBC World News. 12.00 Anna Park. (R) 1.00 Restoration Roadside. (R) 1.30 To Buy or Not to Buy. (R) 2.15 Weakest Link. (R) 3.00 Heat Rescues. (R) 3.45 Flog It! 4.30 Breakaway. (R) 5.15 Put Your Money Where Your Mouth Is. (R) 6.00 Eggheads. (R) 6.30 Strictly Come Dancing – It Takes Two. 7.00 Celebrity Antiques Road Trip. 8.00 MasterChef: The Professionals. 9.00 Great Continental Railway Journeys. 10.00 Heirloom. 10.30 Newsnight. Weather. 11.20 Dara O Briain's Science Club. (R) 12.30 The Culture Show. (R) 12.50 BBC News. 4.00 BBC Learning Zone.

ITV1 5.00 Daybreak. 9.30 Lorraine. 9.55 The Jeremy Kyle Show. 10.30 The Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.55 Regional News Weather. 2.00 Crime Stories. 3.00 Dickinson's Real Deal. 3.59 Regional Weather. 4.00 Millionaire Mechanic. (R) 5.00 The Chase. 5.30 Regional News Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 8.00 Coronation Street. 8.30 I'm a Celebrity Get Me Out of Here! 10.00 ITV News at Ten Weather. 10.30 Regional News Weather. 10.35 Can I Be a Millionaire by Friday? 11.05 The Jonathan Ross Show. (R) 12.05 Jackpot247. ITV News Headlines. 3.00 ITV Nightscreen. (R) The Jeremy Kyle Show. (R) 5.30 ITV Morning News.

Channel 4 6.10 The Hooks. (R) 6.35 The Hooks. (R) 7.00 Freshly Squeezed. 7.30 According to Jim. (R) 8.00 Everybody Loves Raymond. (R) 8.30 Everybody Loves Raymond. (R) 9.00 Frasier. (R) 9.30 Frasier. (R) 10.00 Undercover Boss Canada. (R) 11.00 A Place in the Sun Home or Away. 12.00 Channel 4 News Midday Summary. 12.05 SuperScrimpers. 12.35 Come Dine with Me. 1.35 Phil Spencer: Secret Agent. 2.40 Countdown. 3.30 1001 Things You Should Know. 4.00 Deal or No Deal. 5.00 Come Dine with Me. 5.30 James's 15 Minute Meals. 6.00 The Simpsons. 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought. 8.00 SuperScrimpers. Winter Survival Tips. 8.00 Grand Designs. 10.00 Secret State. 10.55 Gardens Acts. 11.10 Comedy Overboard! 12.10 Music on 4. Abbey News Studios In Session. 12.55 Music on 4. Spotlight: Indie and Rock. (R) 1.10 Music on 4. The Cribs. (R) 2.05 4OD. 2.45 Film. De Nod O Asia. (1969) 4.30 Deal or No Deal. (R) 5.25 Countdown. (R)

Channel 5 6.00 Milkshake! 9.45 The Wright Stuff. 11.15 The Hotel Inspector. (R) 12.10 5 News Lunchtime. 12.15 Best House in the Street. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 CSI: Miami. (R) 3.15 Film. A Decent Proposal. (2006) A pregnant woman embarrasses other half-grown fans but comes to suspect foul play in the circumstances surrounding his death. Thriller, starring Jessica Tuck and Spencer Rocket. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Rolf's Animal Clinic. (R) 8 News Update. 9.00 WWII's Tunnels of Death. The Big Dig. 9 News at 9. 9.00 Hellholes & McCrys. 10.00 Film. Twilight. (2008) Fact-based thriller re-creating the 1944 plot by rebel German officers to assassinate Hitler using a briefcase bomb. Starring Tom Cruise, Kenneth Branagh and Bill Nighy. 12.55 SuperCasino. 4.00 House Rulesters. (R) 4.25 House Doctor. (R) 4.45 Michaela's Wild Challenge. (R) 5.10 Wildlife SOS. (R)

Friday

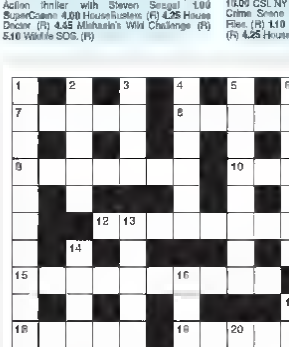
BBC1 5.00 Breakfast. 9.15 Neighbourhood Blues. 10.00 Homes Under the Hammer. (R) BBC News. Weather. 11.00 Watchdog Daily. 11.45 Cash in the Attic. (R) BBC News. Weather. 12.15 Bargain Hunt. 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.45 Doctors. 2.15 Escape to the Country. (R) 3.00 BBC News. Weather. Regional News. 3.05 CBBC. 5.15 Pointless. Celebrities. Children in Need. 8.00 BBC News. Weather. 8.30 Regional News Programmes. Weather. 9.00 The One Show. 9.30 EastEnders. BBC News. Regional News. 9.00 Young Apprentice. 9.00 Hunties. 10.00 BBC News. 10.25 Regional News. Weather. 10.35 Children in Need. 2012. 10.40 BBC News. 11.35 BBC News.

BBC2 7.00 CBeebies. 7.00 CBBC. 8.25 CBeebies. 11.30 BBC World News. 12.00 Animal Park. (R) 1.00 Restoration Roadshow. (R) 1.30 To Buy or Not to Buy. (R) 2.15 Weakest Link. (R) 3.00 Heat Rescues. (R) 3.45 Flog It! 4.30 Breakaway. (R) 5.15 Put Your Money Where Your Mouth Is. (R) 6.00 Eggheads. (R) 6.30 Strictly Come Dancing – It Takes Two. 7.00 Celebrity Antiques Road Trip. 8.00 MasterChef: The Professionals. 9.00 Great Continental Railway Journeys. 10.00 Heirloom. 10.30 Newsnight. Weather. 11.20 Dara O Briain's Science Club. (R) 12.30 The Culture Show. (R) 12.50 BBC News. 4.00 BBC Learning Zone.

ITV1 5.00 Daybreak. 9.30 Lorraine. 9.55 The Jeremy Kyle Show. 10.30 The Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.55 Regional News Weather. 2.00 Crime Stories. 3.00 Dickinson's Real Deal. 3.59 Regional Weather. 4.00 Millionaire Mechanic. (R) 5.00 The Chase. 5.30 Regional News Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 8.00 Coronation Street. 9.00 Island Hospital. 9.30 Coronation Street. 10.00 I'm a Celebrity Get Me Out of Here! 10.00 ITV News at Ten Weather. 10.30 Regional News Weather. 10.35 Fee Wemlet. (2006) Action adventure, starring James Nesbitt and Angelina Jolie. 12.35 Jackpot247. ITV News Headlines. 3.00 Film. Enter the Dragon. (1973) Martial arts thriller starring Bruce Lee. 4.48 ITV Nightscreen. 5.30 ITV Morning News.

Channel 4 6.10 The Hooks. (R) 6.35 The Hooks. (R) 7.00 Freshly Squeezed. 7.30 According to Jim. (R) 8.00 Everybody Loves Raymond. (R) 8.30 Everybody Loves Raymond. (R) 9.00 Frasier. (R) 9.30 Frasier. (R) 10.00 Undercover Boss Canada. (R) 11.00 A Place in the Sun Home or Away. 12.00 Channel 4 News Midday Summary. 12.05 Come Dine with Me. 1.05 Channel 4 Racing. Live coverage of live races from Cheltenham. 3.30 1001 Things You Should Know. 4.00 Deal or No Deal. 5.00 Come Dine with Me. 5.30 James's 15 Minute Meals. 6.00 The Simpsons. 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought. 8.00 Come Dine with Me. 8.00 Come Dine with Me. 8.30 Deal or No Deal. 9.00 Ben Fogle: New Lives in the Wild. 10.00 The Rocky Canvas Show. 12.25 My Name Is Earl. (R) 2.10 Bob's Burgers. (R) 2.55 Charlie's Angels. (R) 3.40 4OD. 4.20 Deal or No Deal. (R) 5.15 Countdown. (R)

Channel 5 8.00 Milkshake! 9.15 The Wright Stuff. 11.15 The Hote Inspector. (R) 12.10 5 News Lunchtime. 12.15 Best House in the Street. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 CSI: Miami. (R) 3.15 Film. The Perfect Marriage. (2006) Premiere. A woman persuades her married lover to murder her husband and years later tries to entice her to kill her new spouse. Thriller starring Jamie Lunser and William H Macy. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 The Gadget Show. (R) 8 News Update. 9.00 Wild Things with Dominic Monaghan. 9 News at 9. 9.04 The Mentiser. A frank employee is murdered during a heist. 10.00 Castle. 10.55 Law & Order: Criminal Intent. (R) 11.55 Inside Hollywood. 12.05 SuperCasino. 3.55 Motorsport Mumbai. 4.25 House Doctor. (R) 4.45 Michaela's Wild Challenge. (R) 5.10 Wildlife SOS. (R)



This week's crossword - Clues

Across

7 Regional (8)
8. Junior (7)
9 Wealthy (7)
10 Entrances (5)
12 Gambler (10)
15. Inverted (8-4)
18. Attire (5)
19 Portion (7)
21 Secret (7)
22 Angry (5)

Down

1 Tracking dog (10)
2 Happen (5)
3. Otherwise (4)
4. Occult (6)
5 One-storey house (9)
6. Stir (7)
11. Make firmer (10)
13 Statue base (8)
14. Austere (7)
16. Disperse (6)
17. Lawful (6)
20 Storm (4)

Last week's solution

ACROSS 1 UNSCATHED 9 EYE 9 ENCOURAGING 11 COLLECT 12 DRAIN 13 EQUITY 15 REGALE 17 GRASP 18 EGOTIST 20 INCONSTANCY 22 ADO 23 LINGERING

DOWN 2 NUN, 3 ACUTE 4 HEARTY 5 DWINDLE, 6 DEGRADATION 7 DEPENDENT 10 CALCULATION 11 CLERGYMAN 14 TYPICAL 16 PENNON 19 OUTRE, 21 CAN

Food & Drink

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Food proficiency - Cooking perfected at 55

WOMEN finally become perfect cooks at the grand old age of 55, it has been revealed. A new study shows that by her fifties, the average woman has become proficient at throwing random ingredients together to make something delicious and has the confidence to host a dinner party for 12.

Indeed, by this age women are rustling up more than 15 meals on a regular basis – to include chicken casserole, steak and kidney pie and seafood baguette – all cooked from scratch.

Soggy broccoli, tough beef, runny gravy and lumpy carrots are also firmly OFF the menu by the time a woman reaches 55 as she masters the art of cooking foods for the perfect length of time.

Being able to differentiate between herbs, getting all elements of a roast dinner ready at the same time and rescuing a meal from going wrong are all signs of a perfect cook.

Helen Nunn, Head of Marketing at The Co-operative Food, which conducted the study of 1,000 women, said: "It stands to reason that it takes time to master cookery, and confidence comes with age.

"And there is some truth in the fact that you learn from your mistakes – no woman need to endure dinner disasters and mishaps in the kitchen before getting everything spot on.

"The real sign of a good cook is one who doesn't panic when things do go wrong, instead finding a solution to the problem or even admitting to those she is cooking for that dinner has gone horribly wrong!"

The study shows 85% of women aged 55 and over can confidently cook eggs without breaking the yolk or fried eggs or leaving eggs to boil for too long.

Eight in 10 women of this age group can happily make a tasty meal from next to nothing, and 55% knew exactly what herbs to put with which meats to bring out the best flavours.

When it comes to kitchen gadgetry, women in their fifties have clearly mastered the art of technology.

A third use a slow cooker when they don't have time to cook, eight in 10 know what every dial on the oven does and a third make frequent use of the food processor.

Two thirds of 55-year-olds can confidently cook bread from scratch, a fifth can home make pasta, and a third can make ice cream without instructions.

Although there is no shame in using pre-prepared sauces, half of women in the older age group always make sauces from the raw ingredients.

Half of those over 55 often use recipes for meals because they are assured they can achieve the dish in the picture, while a quarter will think nothing of replicating celebrity inspired meals.

When it comes to baking, women in their fifties are more likely to throw in all the ingredients using guesswork compared to other age groups.

Indeed, 75% of women aged 55 and over bake regularly, and are a dab hand at churning out Victoria sponges, lemon drizzle cake, shortbread and flapjacks.

When asked about their cooking milestones, the average woman to her fifties admitted she hosted her first ever dinner party at the age of 26.

The average woman cooked her first roast dinner at 23, a romantic meal for a partner at 23 and her first cake at 21 (and for these plucky cooks, the majority cooked their very first Christmas dinner for the whole family at age 27).

Unsurprisingly, eight in 10 women aged 55 and over consider themselves to be proficient cooks.

THE PERFECT COOK CAN:

• Make gravy so that it is not runny • Can cook fried eggs without breaking the yolk • Can cook the perfect boiled egg • Can check until it's not tender not tough • Cook carrots until they are al dente rather than soggy • Cook broccoli which isn't mushy • Can rustle up more than 15 regular dishes • Can throw random ingredients together to make something delicious • Is confident about throwing dinner parties for 12

• Knew what herbs complement meat • Can differentiate between herbs • Can get all elements of a roast dinner ready at the same time • Can rescue a meal which looks like it is going wrong • Can cook bread from scratch • Cooks sauces from scratch rather than using jarred alternatives • Can make ice cream from scratch • Can make pasta from scratch • Happy to replicate celebrity recipes • Throw ingredients in without weighing when baking • Bake cakes such as Victoria sponge and lemon drizzle cake regularly

Tesco revamps its meat, fish and poultry offer

TESCO has unveiled a multi-million pound revamp of its meat, fish and poultry offer, with improvements to the quality, range and in-store display.

Part of Tesco's £1bn investment programme to improve the shopping experience for customers, this re-launch builds on the recent success of our new artisan bakeries and re-branded Everyday Value range.

Quality improvements across beef, lamb, pork, chicken, fish, sausages, bacon, burgers and meatballs can now be seen in all Tesco stores, with changes to the look and feel of packaging to follow in the coming weeks.

Quality improvements include:

our Finest beef steaks and joints are matured for 28 days and our Tesco brand range for 21 days

all Finest chicken is free range corn fed

more meat in our burgers and meatballs.

Drawing on these quality and sourcing messages in new signage, the meat, fish and poultry aisle in Extras, Superstores and Metros has been refreshed to improve the shopping experience for customers.

From conversations with our customers we know that most people follow standard recipe requirements, and to reflect this we have standardised our pack sizes. For example, beef mince is now set at 250g, 500g and 750g and chicken fillets will now always be in two, four and six portion packs.

And to ensure these quality improvements are consistent Tesco has invested in recruiting and training more colleagues. We have 45 new Quality Assurance Managers at our depots committed to checking the quality of all meat, fish and poultry before it leaves for stores, where we have re-trained 1,600 colleagues in how to maintain quality on the shelf.

Tesco's Meat, Fish and Poultry Director Derek Lawlor said:

"Because getting a great steak for Friday night's dinner and the right bacon for Sunday morning's fry-up really matters, we want to make sure that our customers can count on us for excellent quality products at a good price. Customers have told us that meat, fish and poultry are really important items on their weekly shopping lists, so we've worked hard to refresh our range and improve the shopping experience in store."

Customers have responded well to Tesco's other recent range revamps. Since the re-launch of Everyday Value nearly 50% of our customers have bought a product from the range. Tesco has seen strong performance from our new bread offer and there has been positive feedback on our upgraded ready meals range, which features 20 per cent more meat and higher quality sauces. All range improvements come at no extra cost to the customer.

Cabbage bouquets are Britain's hottest new flower trend

SHOPPERS are going blooming mad for cabbages – to give as bouquets!

As well as picking up a cabbage in the veg aisle shoppers are now able to buy a brassica bouquet from the flower area.

Brassica is a family of plants which includes cabbages, cauliflowers, broccoli and Brussels sprouts but which also look attractive in bloom.

Tesco began trialling brassica bouquets in a handful of supermarkets a few years ago but now sells them in its UK stores.

During the summer one of the supermarket's most popular seasonal bouquets was mixed lilies and sunflowers. After switching the sunflowers for brassica, sales rocketed by nearly 150 per cent.

Tesco flower buyer Hazel Alexander said: "Brassica bouquets are the biggest new trend in cut flowers right now.

"Not only are they loved by shoppers but they are also creating an extra income for the UK's brassica growers who have now found a new market for their produce."

Brassica bouquets are seasonal lines that are only sold in the autumn, during the UK brassica season. They are an ornamental variety that is not edible.

Tesco sells two brassica bouquets – one with lilies and the other with chrysanthemums. Both cost £5.

It's not only in horticulture that cabbages have become trendy. In the last three months UK shoppers have bought four million more cabbages than they did in the same three months last year (Kantar data).

Thanks to endorsement from celebrity chefs such as Gordon Ramsay and Nigella Lawson cabbages have reached their highest sales in living memory with more varieties on sale than ever before.

Tesco now stocks eight different varieties of cabbage.

THE VESTRY
Christmas Menu

2 COURSES £16.95 ~ 3 COURSES £19.95

STARTERS

HOMEMADE TOMATO & BASIL SOUP WITH WARM CRUSTY BREAD

CHICKEN LIVER PATE WITH CARAMELISED ONION CHUTNEY

FAN OF MELON WITH BLACKCURRANT SORBET

SMOKED SALMON & PRAWN TEIN

MAIN COURSE

ROAST TURKEY STUFFING SAUSAGE AND BACON ROLL, SEASONAL VEGETABLES, ROAST POTATOES AND A RED WINE JUS

ROAST LOIN OF PORK WITH APPLE SAUCE, SEASONAL VEGETABLES, ROAST POTATOES YORKSHIRE PUDDING AND A RED WINE JUS

NUT ROAST SEASONAL VEGETABLES NEW POTATOES

HOMEMADE FISH CAKE, SEASONAL VEGETABLES NEW POTATOES AND HOMEMADE TARTARE SAUCE

* WILD MUSHROOM & THYME RISOTTO

DESSERT

CHRISTMAS PUDDING WITH BRANDY SAUCE

FRESH FRUIT SALAD WITH CREAM

APPLE & WILD BERRY CRUMBLE WITH CUSTARD

HOMEMADE MALTEASER CHEESECAKE

SELECTION OF CHEESE AND BISCUITS

AN OPTIONAL SERVICE CHARGE WILL BE ADDED TO TABLES OVER 6

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THE FOUNTAIN
Christmas Menu

2 COURSES £15.95 ~ 3 COURSES £18.95

STARTERS

FRENCH ONION SOUP SERVED WITH A CHEESE CRUTON

SMOKED SALMON WITH A HORSERADDISH CREAM, CREME FRAICHE & BEETROOT *

DUCK & ORANGE TERRINE SERVED WITH A HOMEMADE WINTER CHUTNEY

SAUTEED WILD MUSHROOMS IN A HERB & GARLIC BUTTER SERVED ON TOASTED CIABATTA

MAIN COURSE

POACHED LEMON SOLE WITH SAMPHIRE, LEEKS, MUSSELS & SAFFRON POTATOES

SLOW ROAST BELLY OF PORK, FONDANT POTATOES & PICKLED RED CABBAGE

STUFFED BUTTERNUT SQUASH WITH CHICK PEAS & MORROCAN SPICES

TURKEY BREAST ESCALOPE FILLED WITH CRANBERRY & SAUSAGE MEAT WRAPPED IN SMOKEY BACON & SERVED WITH A CRANBERRY SAUCE

BEEF STROGANOFF
STRIPS OF PRIME HAMPSHIRE RUMP SAUTEED WITH BUTTON MUSHROOMS AND SHALLOTS FINISHED WITH BRANDY AND CREAM SERVED WITH A MUSHROOM GRAIN MASH

DESSERTS

CHRISTMAS PUD & BRANDY BUTTER

TRADITIONAL RICE PUDDING WITH HOMEMADE JAM

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2 courses £16.99
3 courses £18.99
per person

Starters

Spiced Roast Parsnip and Chestnut Soup (v)
Garnished with croutons and served with a bread roll and butter

Hog Roast Pâté
Roasted pork pâté with an apple and cinnamon glaze. Served with toast and butter.

Prawn Cocktail
King prawns in iceberg lettuce cups with Marie Rose sauce, served with brown bread and butter.

Baked Cornish Chaddar and Chive Cheesecake (v)
Served with mixed leaves and chutney.

Mains

All our main courses are served with new and roast potatoes and a selection of seasonal vegetables

Roast Turkey
Hand carved by our chefs, served with sage and onion stuffing, a chipolata and bacon roll, bread sauce and cranberry sauce.

Traditional Roast Beef
Classically served with a Yorkshire pudding and horseradish sauce.

Salmon with Basil Hollandaise
A salmon fillet with a classic buttery sauce flavoured with lemon and basil.

Duck with Radcurrant and Orange
Duck breast with a sauce flavoured with orange zest, redcurrants and port.

Red Pepper, Feta and Rocket Basket (v)
A golden filo pastry basket filled with a sweet red pepper, tomato, onion and rocket salsa finished with a Greek style cheese.

Desserts

Christmas Pudding
Served with brandy sauce.

Irish Cream Torta
A chocolate brownie base layered with rich chocolate ganache, creamy vanilla mousse and smooth Irish cream mousse. Served with cream.

Clementine Oranga Pudding
A flourless sponge infused with ground almonds and juicy clementine segments, finished with a caramel glaze. Served with vanilla ice cream

White Chocolate and Raspberry Éclair Cheasecaka
Crisp chocolate crumb layered with a white chocolate cheesecake rippled with raspberry sauce, decorated with a cream filled choux pastry éclair and dark chocolate sauce. Served with cream.

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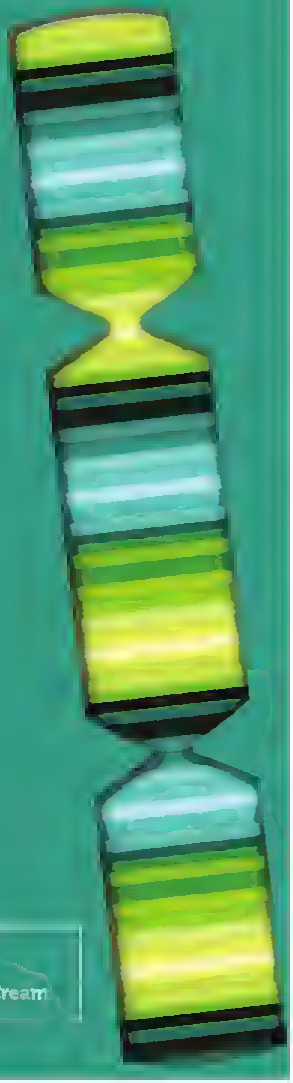
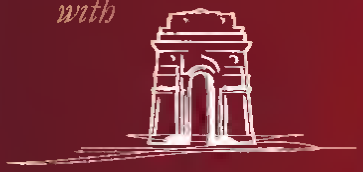


Christmas

with



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Set Menu

Papadom and Chutney

Any One Starter

Onion Bhaji
Sliced onions mixed with carom seeds, coriander and gram flour

Samosa
Vegetable or meat

Tigar Prawn Puree
Tigar prawns cooked with spice and herbs, served on thin fried bread

Chicken or Lamb Tikka
Diced chicken or lamb marinated and bar-be-qued over charcoal

Mixed Platter (for two)
Onion bhaji, chicken tikka, samosa and sheek kebab

Any One Main Dish

Turkey Tikka
Diced turkey marinated and bar-be-qued over charcoal

Chicken or Lamb Massala
Tender chicken or lamb cooked in a clay oven, coated in a tandoori sauce of herbs, spice and cream

Chicken or Lamb Jalfrezi
Chicken or lamb pieces cooked with green peppers, fresh green chillies and onions in a thick tasty sauce

Prawn Bhuna
Prawns cooked in tomatoes, onions and peppers

Any One Side Dish

Saag Aloo
Spinach cooked with potatoe and coriander

Bombay Aloo
Potatoe cooked in spice

Niramish
Variety of vegetables with spices, fairly dry

Mushroom Bhaji
Fresh mushrooms cooked in spice and herbs

Pilau Rice, Plain Rice or any Nan Bread

Coffee or Ice cream

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Aiding good, clean, energy giving air

Denise Kelly

Keeping an in the bedroom Gerbera daisies can help you sleep soundly and it's a nice sight

INDOOR PLANTS can be very important for your health. There have been many research papers published on this benefit trees and plants can have on a patient's recovery, and seeing greenery can help lift your mood. More specifically, indoor plants play several important roles in your house. The most important role they have is to help oxygenate the room they're in. In winter particularly, when most of us won't open our windows, this can be important. It's very easy for carbon dioxide to build up in rooms we spend a lot of time in, if the air isn't circulated.

Now, I do not profess to be an expert on plants in general, but I do know the great health benefits certain plants have, and it's especially important to the polluted homes and offices we spend so much time in that we do our best to remove unwanted chemicals and pollutants. Household pollutions can be responsible for all sorts of ailments such as headaches, dizziness, fatigue etc so trying something as simple as putting a few plants in a room can potentially make a big difference to your life.

These are my top four tips for aiding good, clean, energy giving air ...

1. Snake Plant

The snake plant, also known as the mother-in-law's tongue, has very good oxygen producing capabilities. The vertically growing plant generally doesn't extend outside of the perimeter of the container. Humidity levels inside the home are not an issue and the plant does well in any light. This plant converts carbon dioxide into oxygen during the nighttime hours. Having several snake plants in the bedroom can help provide better sleep. The plants also clean the air by removing chemicals such as formaldehyde.

2. Areca Palm

Areca palms work during the daytime to convert carbon dioxide to oxygen. They also remove chemicals from the air. This type of palm tolerates normal household temperatures and prefers higher humidity. Indirect bright light is best, and water when the soil is dry to the touch. Four plants of shoulder height per person, per household can provide enough oxygen to survive in a sealed environment.

3. Gerbera Daisies

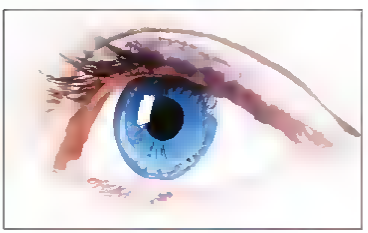
Another plant that works at night is the Gerbera daisy. You can sleep soundly and breathe easier by keeping this plants in the bedroom. They come in a variety of colours including pink, yellow, orange, white and red, and have a flower stage of up to six weeks, typically beginning in July and ending in September. The plants prefer full sun and moderately moist soil that drains easily.

4. Sprouts

Growing plants for food inside the home will have the effect of a mini-greenhouse. A variety of sprouts, such as those used in salads and Asian dishes, along with herbs produces oxygen and possess air-cleaning qualities. Eating the raw greens will also increase oxygen intake, so go ahead and green your house up and feel the benefits!

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel: 01243 528040. www.denisehelly.co.uk

New study shows eye movement tests accurately detect schizophrenia



THERE is a long history of research on impaired eye movements associated with schizophrenia.

Now a new study led by scientists from the University of Aberdeen has reported a model of testing which demonstrated 98% accuracy in distinguishing between those with and without schizophrenia.

Using a series of simple viewing tests, the researchers, whose work is published in a new paper in Biological Psychiatry, explored the ability of eye movement tests to identify schizophrenia cases from healthy control subjects.

Their findings could speed up detection of the condition and they are now examining whether the tests can be used for earlier intervention in major mental illness.

The study was led by Dr Philip Benson and Professor David St Clair and involved a range of eye tests where volunteers were asked to track slow moving objects slowly with their eyes (known as smooth pursuit), inspect a variety of everyday scenes (free viewing) and given instructions to keep a steady gaze on a single unmoving target (fixation tasks).

Dr Benson said: "It has been known for over a hundred years that individuals with psychotic illnesses have a variety of eye movement abnormalities, but until our study, using a novel battery of tests, no one thought the abnormalities were sensitive enough to be used as potential clinical diagnostic biomarkers.

"In smooth pursuit, people with schizophrenia have well-documented deficits in the ability to track slow moving objects smoothly with their eyes. Their eye movements tend to fall behind the moving object and then catch up with the moving object using rapid eye movements called saccades.

"In the free-viewing test, whereas most individuals follow a typical pattern with their gaze as they scan the picture, those with schizophrenia follow an abnormal pattern and in the fixation task individuals with schizophrenia found it more difficult to maintain a steady gaze."

For more information, visit abdn.ac.uk.

Walk your way to a longer life, study says

A NEW STUDY by researchers at the U.S. National Cancer Institute found that staying physically active after age 40 seems to increase your lifespan between two and seven years. And the more you exercise, the longer your life expectancy — regardless of your weight.

"There is dose-response relationship between physical activity and life expectancy," said investigator Steven Moore, a National Cancer Institute research fellow. "If you don't currently do any physical activity, doing just a few minutes of physical activity a day can result in a notable increase in life expectancy."

Exercise may extend life by helping to prevent often fatal diseases, Moore said, adding that other studies have linked physical activity to a lower risk for heart disease and several cancers.

The bottom line, he said: "Some physical activity is good, more is better."

For the study, published online Nov. 6 in the journal PLoS Medicine, Moore and his colleagues pooled data from six previously published studies that included more than 650,000 people. Using this data, the researchers were able to calculate the years of life gained after age 40 from various levels of physical activity.

The researchers found that a small increase physical activity — such as brisk walking for about 75 minutes a week — added 1.8 years of life. That's a 19 percent decrease in the risk of dying compared with not doing any exercise, the researchers said.

For those who walked 150 to 299 minutes a week, which is the amount of physical activity recommended by the U.S. government, the gain in life expectancy was 3.4 years, the study authors found.

More vigorous activity, such as walking up to 450 minutes a week added 4.5 years of life.

Gains in lifespan were seen for all people, whether they were normal weight, overweight or obese, the researchers added.

The biggest increase in life expectancy was 7.2 years for those of normal weight and who exercised at the levels recommended by the U.S. government, compared to an obese person who didn't exercise, the study found.

Dr. David Katz, director of Yale University's Prevention Research Center, called the new research "a study of profound importance, with a message both compelling and clear: exercise can add years to your life."

Although the study was "observational," meaning it has limitations that could influence the findings, its size and careful control for important variables -- such as tobacco and alcohol use -- made the conclusions reliable, Katz said.

"We see yet again in this large and truly dramatic report that exercise is the best medicine we have," he said.

The greatest increase in life expectancy -- more than seven years -- was seen in people who were both routinely active and had a body mass index (a ratio of weight to height) in the recommended range, Katz added.

"The study reaffirms the importance of weight control as well," he said.

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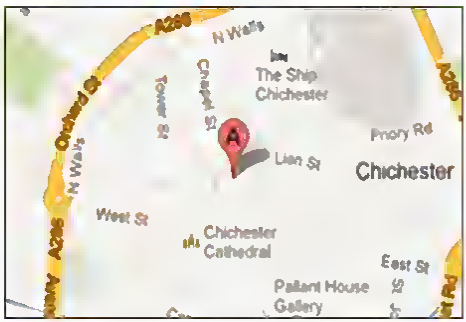

Fashion

GOT ANY FASHION TIPS?
@chiherald

To old for new trends?

HAVE you ever walked into a shop and wanted to walk right back out again, but you can't leave immediately as the shop assistant has spotted and greeted you? Now you have to falsely act interested in one item, walk to the back of the shop, and then gaze inattentively at a few more items on your way to the exit, before making your escape to another person's way on in..

> "Ladies, I just want to give you reassurance. It's not you, it's them! The designers and buyers!"

High-street shopping is mainstream. I just don't get excited like I used to about the new season collections. This could be for a number of reasons. I have listed the results in my mind, and one keeps on returning to the number one spot. Age. My age, which I shall not disclose, is not a milestone that you would assume a female should consider giving up on the high street. Being still in the 20 zone (although soon leaving) I have become gradually aware of the age gap on the high street. Surprisingly, it is not the tiny fine lines I have accumulated which have been concerning me recently. It's the mixture of previous decades adorning the shops that look as though they've been reinvented into an MTV make up that have been raising my eyebrow. One group of girls in question are young, trend conscious & constantly pursuing the newest looks. I have to admit, each one of them looks great, although points are deducted for this unusual hybrid 'n-treat' TOWIE eyebrow parenting.

Take this scene. I walk into Topshop. Firstly I have no idea whose song is playing in the background, as I enter I have a sense of déjà vu from about 10 years earlier. Secondly, the girls – yes girls (not women) all seem to be chatting and attentively adoring the eclectic garments. Thirdly...how much? Where do these girls get their money from? Jealous, I browse at the shoes and leave. They probably thought I was a mum looking for her daughter!

There are young women with a disposable income purchasing items that cost about the same amount as my weekly food shop. What has gone wrong? Have all of my priorities been shifted? Once upon a time I would spend at least 20x a Mars bar (do the maths) a week on an item on clothing. Now I debate if charity shop prices have risen with inflation. My hypocrisy is terrible, all that I see in myself, but now I am looking from the outside in. But by questioning my own style, I now know that I am more aware of what I am buying, rather than consuming a beaker full of one hit wonders which will soon be donated to the local charity shop.

Ladies, I just want to give you reassurance. It's not you, it's them! The designers and buyers! Trends are short lived so don't give up on your trench coat and favourable leather boots because Grazia tells you that it is out. Feel confident in what you are wearing and

try not to buy unnecessary items. Don't wear the season's camouflage jacket if it makes you look like you have stepped out of an Army Surplus store, rather than Army & Navy department store. Stand your ground, because confident, individual sense of style NEVER goes out of fashion!

Alex Cvijovic is a Textile Designer and Illustrator. Collector of the unique. Lover of traveling, learning and creating. She is the creator of The Vintage Parade. www.vintageparade.co.uk

Beating the heating bills

CASH-STRAPPED consumers are beating the bills by wearing clever layers instead of turning the heating up.

Since the energy bill increase was announced earlier this month, savvy Brits have been stocking up on winter warmers such as thick tights, onesies, dressing gowns, slippers and hot water bottles, says Debenhams.

Debenhams has already sold 155% more onesies in October than the whole of September, with more than 100 being snapped up every day last week. Sales of 100 denier tights are selling at double the rate of this time last year.

Big fluffy slippers are doing well with sales increasing by 75% month on month. Slipper boots which are sure to keep you snug on a budget are a strong performer, sales are up 489% on this time last year.

Millions of households will see energy prices rise this winter. The increase is expected to come into force in November, just as the nights grow colder and darker.

It is expected that five rises by various energy companies will happen within nine weeks.

Debenhams' head of lingerie buying and design, Sharon Webb commanded: "Our clever customers are avoiding the increasing energy charges by wrapping up warm to keep out the chills and fight the bills."

"People are flocking to buy onesies as their cosy option rather than a traditional dressing gown which were more popular last year. Onesies have been one of our biggest sellers this week."

Six different onesie styles are currently in stores with several new styles due to hit shop floors this week.

An innovative range of thick thermal tights with a fleece lining have completely sold out as hoards are flying off the shelves so Debenhams has ordered more stock to cope with the demand.

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Lifting dahlias

Before the harsh frosts really kick in it's time to lift any tubers you would like to save and store over winter for next year. Jo Golesworthy shows you how

BEFORE I became an avid gardener I could not understand why people would waste their time lifting plants in the winter, only to put them back in the ground again in the spring. It was a complete mystery until I gave it a go one year. I could instantly see

> "Lifting tubers creates beautiful summer blooms the following year"

why the annual activity was seen in gardens across the country. The summer blooms were tremendous and I genuinely felt I had something to do with it. In a sheltered area of the garden, out of the way of any frost pockets some dahlias can survive our milder winters but is it worth taking that risk?

Here's how to lift your favourite tubers for storing and replanting next spring.

Firstly, cut the stem down to around 20cm above the ground. Use sharp secateurs to prevent unnecessary damage to the plant.

Using a garden fork, carefully dig around the stem, loosening the soil to free up the tubers. Be careful not to stab too forcefully. You could break off parts of the plant or kill the existing tubers. Shake off as much mud and soil as you can from the tubers.

Rinse off the tubers removing as much of the clumped up soil as possible and stand upside down to dry off. Don't leave them in a puddle of water as they will rot, or freeze in this current cold snap.

Once dry, place in a tray or pot and cover with dry compost. You can store the tubers in a cool, dry place for the winter. I suggest in the shed or garage, preferably somewhere they can rest in the dark.

Come the spring and once the last frost has passed you can place them back in the ground either where they came from, or find a new home.

The different colours of dahlias are dazzling and bring life to any border

If you do not want to lift them or think they'll be fine over the winter months this year you can protect the tubers with a thick layer of mulch. This will stop the frost from reaching them and allow them to sit in the ground quite comfortably.

Follow Jo on her blog at www.theradiantgardener.wordpress.co.uk or contact her at jgolesworthy@hotmail.com or 07757 276794.

WOODS
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READER OFFER

DICKENS CHRISTMAS MARKET AT ROCHESTER CASTLE

7 DECEMBER 2012

Adult & Senior Citizen £23 & Child £18
Includes coach travel

Set in the beautiful grounds of Kent's Rochester Castle, overlooking the River Medway and just a few steps from Rochester's picture-postcard Victorian High Street, is the home to Medway's Dickensian Christmas Festival. Come along and enjoy a truly festive atmosphere with the Castle walls illuminated in traditional Christmas colours, trees filled with twinkling fairy lights, the smell of roasted chestnuts and gluhwein fills the air amongst an array of wonderful German 'style' Christmas market huts selling a range of Christmas gifts, hand-crafted goods and festive fayre.

Coach pick ups in Worthing, Rustington, Littlehampton, Felpham, Bognor & Chichester

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WOODS
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READER OFFER

SALISBURY CHRISTMAS MARKET & CATHEDRAL CAROL SERVICE

11 DECEMBER 2012

Adult & Senior Citizen £34 & Child £29
Includes coach travel

An exciting new Christmas Market which will feature 55 delightful little wooden chalets all beautifully decorated and prettily arranged. Organised to superbly high standards, visitors can expect to find lots of tasteful, inspiring, high quality gifts and festive goods including arts and crafts, with a strong emphasis on products coming from Britain and Europe. In the afternoon, attend the 1430hrs Carol Service - listen to the fabulous Cathedral Choir and join them in singing Christmas Carols. Afterwards enjoy a glass of mulled wine and a mince pie. Get that real Christmassy feeling! Tickets are limited book early.

There is a Salisbury Christmas Market only option available on this excursion.

Coach pick ups in Worthing, Rustington, Littlehampton, Felpham, Bognor & Chichester

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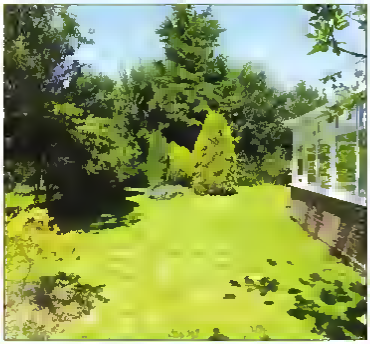
FIND YOUR PERFECT PROPERTY

In Chichester & the surrounding areas

Property

An extensively refurbished and extended detached brick and flint cottage situated between Chichester and Arundel, new gas c h wiring and plumbing reception hall triple aspect lounge and vaulted ceiling, conservatory newly fitted kit/brk rm sitting rm/study, gr fl bed with en suite three further bedrooms two bathrooms, dble and single garage, gardens of approx 1/3 of an acre Potential annexe planning approval for ground floor master bedroom

For more information contact Coastguards Estate Agents on 01243 267026
www.coastguardsproperty.co.uk



Don't let your home sweet home be a house of horrors

YOU'VE found what you consider to be your home sweet home but what potential horrors are lurking beneath the paint and the wallpaper?

From the outside, the property you have set your heart on may look perfect – but all too often it is the unseen nasties like rising damp, roof problems or settlement cracking that could turn a dream home into a nightmare.

It is for the reason that surveys are carried out to assess the condition of the property – usually undertaken once an offer on the property has been accepted.

A detailed report on the condition of the property is completed before the purchase goes ahead.

Harrison Murray's survey department director Chris Battye said: "Most people think the valuation their mortgage lender arranges is a survey – it isn't. It is simply a valuation to make sure the property value covers the loan being taken out against it.

"Don't rely on such limited advice for what is probably your most important purchase. Instruct your own independent survey."

There are three main survey types:

The RICS Condition Report

Choose this report if you are buying or selling a standard house, bungalow or flat built from common building materials and which is apparently in reasonable condition. A Condition Report is designed to give the buyer information they will not get from their lender's brief mortgage valuation report. A seller can commission one when they put their home on sale so they are aware of potential problems and are not put at a disadvantage in negotiations with their buyer.

The RICS HomeBuyer Report

The most widely used report. Choose this if you would like more extensive information when buying or selling a house, bungalow or flat built from common building materials and which is apparently in reasonable condition.

Building Survey

You should choose this most comprehensive report if you are buying an older or run down property, a building that is unusual or has been altered, or if you are planning major works. It costs more than the RICS Reports because it gives more detailed information about the structure and fabric of the property. The Building Survey will highlight those matters you should give priority to over the items that can be dealt with as part of routine maintenance does not include a valuation or insurance rebuilding figure, but we can provide one as a separate service if required.

And to help with the customer journey, Harrison Murray Independent estate agents and valuers have their own surveying department to deal with those all-important questions and answers.

Chris added: "Most people think that finding the property and putting in an offer is the hardest part of buying a house – but then comes the surveys! These can be something of a minefield for people who are new to the process of buying a house, but Harrison Murray can gently and professionally guide them through this very important aspect of the journey."

All Harrison Murray surveys are carried out by experienced chartered surveyors who are members of the RICS (Royal Institution of Chartered Surveyors). For more information on the service, visit hmsurveys.co.uk

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SINGING IN THE RAIN

WEDNESDAY 30 JANUARY 2013
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Includes coach travel & entrance

Singin' in the Rain is the story of that first Hollywood musical, the moment when the silver screen found its voice and never looked back.
With all the sparkle and spectacle of a golden age, it features a glorious score including: Make 'em Laugh, Good Morning, Moses Supposes and, of course, Singin' in the Rain.
Shining with vitality, wit and romance, this is a musical to lift your heart and set you singin' and dancin'-in any weather.

Seats in Stalls & Dress Circle for Matinee Performance.

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For further information or viewing, contact paulrdams50@btinternet.com or 07599 530755.

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Tel: 01243 267026

ALDWICK BAY ESTATE **£670,000**

A spacious detached house situated in a quiet cul-de-sac of private marine estate within 100 yards of the private beach. The current owners have carried out a comprehensive programme of extension and modernisation... G.F.H., u.P.V.C. double glazing, fascias & soffits, cavity wall insulation, cloakrm, lounge, dining rm, sitting rm, kit/breakfast rm, master bedrm with en suite bathrm, four further bedrms, second bathrm, shower rm, balcony, integral garage and gardens including a secluded courtyard garden with heated swimming pool.

ALDWICK **£597,500**

A superbly presented 'New England' style detached family house situated on a good sized plot less than half a mile from local shopping facilities and the beach. The current owners have made the property the subject of a comprehensive programme of refurbishment and modernisation over the course of the last 3 years. G.F.H., u.P.V.C. dble glazing, replacement wiring, plumbing & sanitary ware etc., a re...ption, a triple aspect lounge, spacious kit/dining rm, utility rm, utility room, an impressive master bedrm suite with vaulted dressing rm & luxury en suite bathrm, 3 further bedrms, family bathrm, an integral garage & well maintained gardens to the front and rear.

CRAIGWEIL PRIVATE ESTATE **£465,000**

A detached cottage style house situated in a cul-de-sac of the private estate just 300 yards from the private beach. G.F.H. u.P.V.C. d/glazing, triple aspect lounge, good sized dining room, fitted kitchen with separate utility room, cloakroom, four bedrooms (one with walkin wardrobe/storage area), bathroom, garage and delightful mature gardens.

ALDWICK BAY ESTATE **£435,000**

A well presented detached chalet house situated in the Aldwick Bay private marine estate approx. 400 yards from the private beach. The property has been made the subject of a programme of refurbishment in recent years. G.F.H. u.P.V.C. double glazing, fascias & soffits, spacious triple aspect 'L' shaped living room, dining room, fitted kit/breakfast room, shower room, conservatory, utility room/workshop, games room/bedroom four, landing, good sized bathroom, garage with carpet and gardens. N.B. The large games room/bedrm rm will take a full sized snooker table or could provide annexe accommodation if desired.

NYETIMBER **£425,000**

A detached family house with attached self contained annexe situated in a cul-de-sac. The property is built on a larger than average plot. The specification includes g.f.h. dble glazing, cloakrm, lounge, dining rm, study, kitchen, utility rm, master bedrm with en suite shower rm, three further bedrms, bathrm. Self contained annexe with large living room incorporating a kitchenette, a bedrm and shower rm. The property benefits from a large plot with brick paved parking areas and a good sized lawned garden.

NYETIMBER **£275,000**

An extended and stylish semi-detached bungalow situated in a quiet cul-de-sac. The property has been made the subject of a programme of extension and remodelling by the current owner. G.F.H., u.P.V.C. d/glazing, fascias & soffits, lounge, dining rm, fitted kitchen with breakfast rm, utility rm, two double bedrms, shower rm, large double length garage & delightful easily maintained hard landscaped gardens including a West facing rear

ALDWICK **£169,000**

A one bedroom close care apartment in the grounds of the Royal Ray care and nursing home, purpose built to be 'elderly user friendly' with many safety features and the availability of any level of assistance from the care home. The property has been recently refurbished with new carpets, replacement shower room, refurbished kitchen and an internal redecoration. Gas c.h., double glazing, living room and a communal laundry room

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Rose Green | £278,000

• Detached Chalet Bungalow • Lounge / Diner • Three Double Bedrooms • Modern Kitchen / Breakfast Room • Bathroom and En-Suite To Master Bedroom • Detached Garage and Driveway • Central Village Location

Pagham | £139,950

• First Floor Maisonette • Two Double Bedrooms • Front Aspect Lounge Overlooking Communal Gardens • Private Balcony • Modern Kitchen and Bathroom • Gas Fired Central Heating and Double Glazing • Share of Freehold

Bognor Regis | £225,000

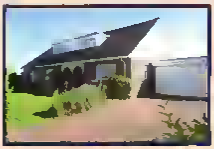
• Semi Detached Bungalow • Two Bedrooms • Pitched Roof Conservatory • Enclosed Rear Garden • Driveway and Garage • No Forward Chain

Aldwick | £375,000

• Detached House • Four Bedrooms • Master Bedroom With En-Suite • Two Reception Areas • Refitted Bathroom and WC • Fitted Kitchen / Diner • Integral Garage and Driveway • Enclosed Rear Garden

Pagham | £212,000

• Semi Detached Bungalow • Two Bedrooms • Refurbished Throughout • New Kitchen and Bathroom • 70ft Approximately Rear Garden • Driveway To Front • No Forward Chain



Aldwick | £360,000

• Detached Chalet • Four Double Bedrooms • Fitted Kitchen • L Shaped Lounge / Diner • Ground Floor Bathroom and WC • Dressing Room and En-Suite to Master Bedroom • Gardens To Three Sides • Double Garage and Driveway

Pagham | £575,000

• Detached Seafront Home • Kitchen / Diner • Four Double Bedrooms Each With En-Suite Shower Room or Bathroom • Utility Room and Cloakroom • Seaward Facing Lounge • Off Road Parking • Seaward Facing Patio

Aldwick | £375,950

• Four Double Bedrooms • Three Reception Rooms • Gas Fired Central Heating / UPVC Double Glazing • Modern Kitchen / Bathroom • Garage and Driveway

Bognor Regis | £172,000

• Ground Floor Seafront Apartment • Two Double Bedrooms • High Ceilings / Picture Rails • Modern Fitted Kitchen and Bathroom • Gas Fired Central Heating • Close To Aldwick Shopping Parade • Shared Lawned Private Gardens Adjacent To Seafront

Pagham | £317,500

• Detached Bungalow • Three Bedrooms • Brand New Kitchen and Bathroom • Completely Refurbished Throughout • Rear Aspect Lounge Leading To a Conservatory • Detached Garage and Driveway • South Facing Rear Garden • No Forward Chain

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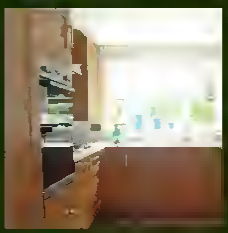

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Motors

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Free all-new Mazda6 for one lucky customer

ONE lucky buyer of the all-new Mazda6 who pre-orders their car before the year's end is destined to enjoy an especially Happy New Year. If they win the all-new Mazda6 Prize Draw competition, their new car (worth up to £30,405 with factory-fitted options), will be free. The prize draw will take place on 4 January 2013.

As part of the build-up for the arrival of the all-new Mazda6, Mazda has announced that all retail customers who pre-order the new Saloon or Tourer on or before 31 December 2012, will be entered into a prize draw for the chance to win their new car free of charge. The draw prize includes any factory-fitted options specified by the customer, delivery, 12 months road tax, licence plates, three year warranty and breakdown cover, but excludes dealer-fitted accessories.

Visitors to Mazda's 140 dealers across the UK will find that the Pre-Order System for this exciting Mazda6 newcomer is now live and there is a choice of 36 saloon and tourer models priced from £19,595 to £28,045 on-the-road (OTR) to order for delivery from 25 January 2013.

All retail customers ordering an all-new Mazda6 which is registered before 31 March 2013 may benefit from competitive low rate finance, a deposit contribution and a loyalty saving for existing Mazda owners.

Customers buying their all-new Mazda6 on PCP or Conditional Sale will be offered finance at Representative 5.9% APR (over a 24, 30, 36 or 42 month period with no deposit required) and a £500 Mazda deposit contribution with PCP finance. All current Mazda owners will also be entitled to a further £250 loyalty saving off the OTR price and no part-exchange is required.

All-new Mazda6 is the second of Mazda's new generation of products, following the CX-5 compact SUV, which incorporates both the full range of SKYACTIV technologies and the new KODO – Soul of Motion design theme. It will be the Japanese brand's first vehicle to feature the company's unique brake energy regeneration system, i-ELOOP.

Together with SKYACTIV powertrains, the SKYACTIV-Chassis and SKYACTIV-Body make the all-new Mazda6 an engaging and rewarding drive, delivering refined, linear handling, segment-leading safety and a uniquely efficient and lightweight design.

Buyers of the new Mazda6 have a choice of four high efficiency SKYACTIV powertrains with six-speed automatic or manual transmissions. The 2.0-litre SKYACTIV-G petrol engines produce 145ps and 165ps, while the 2.2-litre SKYACTIV-D diesel engines generate 150ps and 175ps with 380Nm and 420Nm of torque (respectively) at 2,000rpm.

Inside new Mazda6, form meets function in a highly ergonomic cockpit designed to make driving as enjoyable and engaging as possible. Everything is exactly where it should be – even the repositioned A-pillars, moved rearwards relative to the current model, contribute to a stress-free experience by widening the driver's field of view. Passengers will appreciate the relaxing atmosphere in the cabin, which features segment-leading space, accompanied by the latest infotainment technology, including an 11-speaker Bose® surround sound audio system in Sport models.

Also, with fuel economy as high as 67.3mpg and emissions as low as 108g/km – without any sacrifice in performance – the all-new Mazda6 saloon and tourer are destined to become the new class leaders next year when they go on sale from 25 January.

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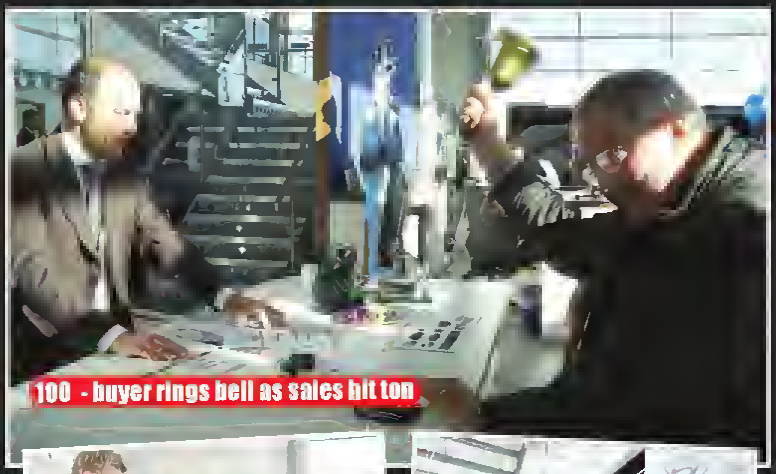

100 - buyer rings bell as sales hit ton

122 - UK record smashed

166 - amazing new record

166 cars sold in 4 days

King's incredible deals start rampage

Sales smash UK record set by BMW

New vehicle bought every 10 MINUTES

THE King of Cars has crowned all his previous triumphs by selling 166 cars in FOUR days.

Richmond MD Michael Nobes smashed a UK record by slashing new car prices and offering valued customers sensational deals.

Guests snapped up a new Hyundai or Citroen every TEN MINUTES between 10am last Thursday and 5pm on Sunday at an invitation only VIP event.

The King said last night: "It ain't rocket science - we just made it too hard to resist."

Rocket

The man who shot to fame by cutting prices and opening new dealerships at the heart of the credit crunch persuaded Hyundai and Citroen bosses to put a rocket up the recovery with once-in-a-lifetime deals. And Mr Nobes revealed he has now persuaded the car makers to offer the same deals this weekend - TO THE GENERAL PUBLIC.

Mr Nobes told newsmen: "If you thought 166 was good wait until you see how many we sell when these discounts are revealed to the public on Thursday."

The previous record for new car sales from a discount VIP weekend was 122 set by a BMW dealer in up north in January 2011.

The King said: "Our new record won't last more than a week - we are expecting to break it ourselves this weekend."

Mr Nobes closed his showroom, blacked out windows and turned the tables on his customers - by making THEM VIPs.

Royal

The King – the ONLY car dealer in Britain to be a bona fide member of the Royal Family - even let one customer try on the regal robe and crown.

His Majesty's aides were stunned when the car-dealing Royal granted the request. One said: "We've never seen anything like it before."

Mind you the King was in a very good mood - he'd just sold 166 cars.

Customer Mr Dormandy, pictured above in the famous gown, said: "I couldn't resist asking and His Majesty happily obliged.

He is very approachable for a Royal person." Mr Dormandy, who has been a customer of Richmond since 1996, bought a Hyundai ix20.

He said: "I got a fantastic deal." Mr Dormandy added: "I keep coming back to Richmond because of the after sales service - it is second to none, you really do get the royal treatment."

Customer Karen Fraser, pictured above, bought an ix20. She said: "It was hard to say No at the price we were offered, what a deal!"

Another happy buyer Mr Russell said: "What a great event - we decided to buy a Citroen Picasso in the end.

"If you're looking for a new car this weekend, get down to Richmond."

DON'T MISS OUT – PHONE TODAY FOR VIP TREATMENT

Beat the crowds by phoning the number below to make an appointment with a Richmond sales executive and be the first to find out about this week's price reductions.

Book your chance to get a once-in-a-lifetime bargain - By Royal Appointment ONLY

THE King of Cars has negotiated a LIMITED NUMBER of deals directly with the manufacturer and these will be available on a first-come, first-served basis and by prior appointment ONLY. For your appointment call Calla Smith on this number

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Cricket

Kirk signs contract extension at Sussex

ALL-ROUNDER Kirk Werners has signed a one-year extension to his contract at Sussex County Cricket Club, a deal which keeps him at The PROBIZ County Ground, Hove until the end of the 2014 season.

21 year-old Werners, who signed for the County before the start of the 2011 season, played two LV=County Championship games and five Clydesdale Bank 40 matches this summer, in which he made vital scores of 35 and 37 not out in the CB40 games against Derbyshire and Warwickshire respectively.

He scored heavily with the bat as he captained the Second Eleven, with the highlight an unbeaten 152 against Ireland A at The Sutton Wanson Academy Ground, Blackstone.

Werners, who is spending some of the winter playing club cricket in South Africa, said: "I am extremely happy to be signing an extension with Sussex.

"Since joining the club in 2011 I feel my game has come a very long way, and I have grown as a cricketer. For the 2013 season I am hoping to be a good asset for the team both on and off the cricket field."

Straight from the commentary box

Relax, don't do it

Johnny Cantor

ATTENDING a graduation University ceremony this week I was reminded by the Chancellor of a saying from Theodore Roosevelt. "Believe you can and you're half way there." It's belief that has worked so well for Manchester United in the last few years. Late goals have also been a trait of the Albion, and in particular Will Buckley over the last 18 months.

However, the overriding emotion at the Amex on Tuesday night as Stephen Dobbie's late goal ended the Albion's seven game winless run wasn't one of delirium but one of relief. It was nothing like the Will Buckley late late show to which we have come accustomed. This was about the result.

Last Friday against Leeds Albion hit the ground like a whirling dervish, brimming with pace, poise and power - and drew. On Tuesday the Seagulls picked up from a slow languid start to eventually turn the screw on Peterborough, and won.

I was particularly pleased for Dobbie, the diminutive Scot who has been trying so hard to open his account, maybe too hard. He undoubtedly has talents but has found it difficult to ease into Albion's particular style of play.

It was also a boost to see Will Hoskins in a blue and white shirt for the first time since January. It appeared his future lay away from the Sussex coast but he could yet prove a valuable asset as Gus Poyet's side look to improve in front of goal.

One swallow doesn't make a summer and bigger tests approach at Wolves and Huddersfield but the okfully the monkey is off the players' backs. Gus Poyet and his troops will head to Molineux with their heads held just a few inches higher. Relax? Don't do it.

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Golf

Junior Open success at Goodwood

SUSSEX golfer Amber Cockram has capped an outstanding season by winning the Junior Open at Golf At Goodwood on 25th October against a formidable line-up of competitors from all over southern England.

Amber, who took up the sport only three years ago, has made breathtaking progress and reached the final of the Sussex Ladies Championship earlier in the year and has now added the Bobby Locke Junior Open title to her impressive list of achievements.

She shared a gross 76 over the spectacular Downs Course and paid tribute to the encouragement she has received from the professional coaching staff at Goodwood for which she is also a Junior Ambassador.

The added bonus for the three main prize winners including Charlie Parsons and England regional squad member Charlie Strickland was the chance to drive a competitive Mini saloon around the famous Goodwood racetrack under expert supervision.

The 15 hole medal event attracted players with handicaps ranging from 1 to 28 and Teaching Professional Ryan Fenwick commented: "I'm delighted with the standard and enthusiasm of all the competitors and we are encouraged by the progress of the youngsters in our junior section."

The Bobby Locke Junior Open is named after the late South African golfer who won the Open Championship four times and was a frequent golfing visitor to Goodwood.

Football

Sussex Police help fund new ladies kit

CHICHESTER CITY LADIES reserves have been playing in an old kit for the past few seasons and needed a new one, as the shorts and shirts were looking a bit worse for wear. Sussex Police have a new initiative called 'The Sussex Police Property Act Fund'. This aims to support local deserving Charities with donations generally ranging from £100-£500 unless exceptional circumstances. Caz Henry-Evans, ladies secretary and reserve manager spoke to the local PCSO Jason Lemm about the possibility of funding to help with buying a new kit and he was extremely helpful and accommodating.

Caz said: "It was a simple process, a conversation with PCSO Lemm and a one page form that needed approval. The application was processed in just a few weeks and the cheque was presented at training by PC David Phillips from Chichester District Neighbourhood Policing Team. The ladies are very grateful for the contribution towards our kit, which has now been ordered and will hopefully arrive soon. The ladies have begun the season extremely well with 5 wins from 5 and the new kit will help them to look the part while they play the good football that they are. Thank you to Sussex Police for their help with this and we recommend others to get in contact with their local PCSO for more information."

Sussex County Football League

DIVISION 1

Team	P	W	D	L	F	A	GD	PTS
EAST PRESTON	15	11	3	1	40	12	28	36
PEACEHAVEN & TELS.	15	10	4	1	46	16	30	34
RYE UNITED	16	10	3	3	42	23	19	33
RINGMER	15	10	1	4	30	22	8	31
REDHILL	14	9	2	3	31	15	16	29
LANCING	15	9	1	5	40	21	19	28
HASSOCKS	15	9	1	5	33	24	9	28
LINGFIELD	14	8	2	4	37	25	12	26
HORSHAM YMCA	15	8	1	6	44	23	21	25
FAGHAM	13	7	1	5	28	25	3	22
EAST GRINSTEAD TOWN	15	6	2	7	33	30	3	20
ST FRANCIS RANGERS	15	5	3	7	21	29	-8	18
SIDLEY UNITED	14	5	2	7	28	37	-9	17
ARUNDEL	14	5	2	7	16	30	-14	17
DORKING WANDERERS	14	4	4	6	22	26	-4	16
SHOREHAM	14	5	1	8	23	28	-5	16
CROWBOROUGH ATHLETIC	15	5	1	9	25	41	-16	16
SELSEY	15	4	3	8	15	25	-10	15
HAILSHAM TOWN	12	4	0	8	20	33	-13	12
AFC UCKFIELD	15	2	3	10	24	49	-25	9
CHICHESTER CITY	17	2	3	12	21	47	-26	9
WORTHING UNITED	15	0	3	12	17	55	-38	3

DIVISION 2

Team	P	W	D	L	F	A	GD	PTS
NEWHAVEN	13	10	2	1	39	17	22	32
LITTLEHAMPTON TOWN	11	8	2	1	35	10	25	26
LITTLE COMMON	11	7	2	2	36	12	24	23
BEXHILL UNITED	10	6	4	0	32	18	14	22
BROADRIDGE HEATH	12	8	4	2	30	20	10	22
EASTBOURNE UNITED AFC	11	6	3	2	33	17	16	21
WESTFIELD	11	5	4	2	26	15	11	19
SEAFORD TOWN	11	4	5	2	20	20	0	17
WICK	11	5	1	5	26	23	3	16
SOUTHWICK	13	5	1	7	31	29	2	16
LOXWOOD	13	4	4	5	23	21	2	16
MILE OAK	12	3	6	3	26	23	3	15
MIDHURST & EASEBOURNE	12	3	3	3	24	24	0	15
OAKWOOD	11	3	1	7	20	30	-10	10
STEYNING TOWN	12	2	2	8	27	35	-8	8
STORRINGTON	13	2	2	9	15	39	-24	8
RUSTINGTON	12	1	2	9	14	39	25	5
SALTDEAN UNITED	13	0	1	12	14	79	-65	1

DIVISION 3

Team	P	W	D	L	F	A	GD	PTS
SIDLESHAM	8	6	2	0	35	12	23	20
BARNHAM	9	8	1	2	32	14	18	19
BILLINGSHURST	8	6	1	1	25	12	13	19
HAYWARDS HEATH TOWN	8	5	2	1	18	7	11	17
UCKFIELD TOWN	8	4	2	2	15	12	3	14
CLYMPING	9	4	2	3	11	15	-4	14
IFIELD	8	3	2	3	19	15	4	11
ROFFEY	9	3	1	5	19	20	-1	10
ROTTINGDEAN VILLAGE	10	2	0	8	13	39	-26	6
FERRING	7	1	2	4	12	27	-15	5
HURSTPIERPOINT	7	1	0	6	7	15	-8	3
ID SHIPLEY	7	0	1	6	4	22	-18	1

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